

## AUTOBIOGRAPHY

OF

# A. T. STILL.

THE book that every one interested in Osteopathy, and those desiring to know something of Osteopathy cannot do without. It is not a text book but a book for all, the general reader as well as the student.

Read what those say who have read the work.

HON. ANDREW ELLISON, Judge of the 2nd Judicial Circuit, writes:

"It is stamped throughout with your own good, rugged sense and excellent heart

"The references to members of your family—both living and dead—are not only appropriate, but full of pathos, and will be especially so to many of your readers who recall your early struggles and privations, borne so patiently, and later on, your splendid triumph that has crowned your old age with honor to yourself and blessings to mankind."

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HON. S. M. PICKLER, Representative in the Legislature from Adair County, says:

"I have been much interested in its perusal, written in a style original and interesting from beginning to end. As the discoverer of the greatest healing science known to civilized man, your name will be emblazoned on the future pages of history and cherished in the hearts of thousands who will owe prolongation of days to this great discovery. The young giant 'Joshua' is destined to subdue the world—to strangle all the terrible ogres of disease and death, and plant the banner of common sense healing, good cheer and happiness for millions in every city and hamlet in the civilized world."

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MRS. J. E. HILDRETH-WOOD, of Lake Mills, Wisconsin, an old time friend of Dr. Still, formerly of Kirksville, Mo., writes:

"I hardly know where to begin or what to say first, and I feel as Mr. Wood reads it aloud that the end or finish will come all too soon. We talk of it, and then read and talk again, for through each chapter runs a great and mighty truth for the world of truth seekers—a truth never before held up to the world."

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"DR. A. T. STILL, Dear Sir:—You have created 'war,' not with Spain; but I could not let my wife go to bed last night after becoming interested in your 'Memoirs.' Please accept our sincere thanks for the same and may you live long and enjoy the fruits of your wonderful discovery."

Yours Truly,

A. H. NELSON."

Kirksville, Mo., March 12.

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MRS. JULIA B. FORAKER, wife of the eminent Ohio Senator, in a long personal letter, writes as follows of the autobiography:

"It is very interesting and through it all, I can see your personality, which I know will please you, and all of your friends who know you well. It will always be one of the brightest spots in my life to recall the opportunity and privilege I had in meeting and becoming so well acquainted with you. I

feel sorry for those who have not had that privilege. I am looking forward with great pleasure to spending another summer in Kirksville, and hope to find you as strong physically as you are mentally. You are one of the men who should live to be a hundred years old and be a joy and pleasure to your friends every day of your life. Every day of my life I feel so thankful and grateful for my blessings and privileges, not the least of which is the science of Osteopathy and the great privilege of knowing the discoverer and counting him as one of my personal friends."

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MILLARD, Mo., MARCH 4, 1898.

"DEAR FRIEND:—One year ago today we celebrated the christening of your baby 'Joshua,' and his growth has been unprecedented. Not only has he grown upward, but outward as well. His head reaches to the British boundary on the north, to the gulf of Mexico on the south. His right hand touches the broad Atlantic, his left the mild Pacific, and his fame has crossed the waters on both sides. May you be spared many years to enjoy the company of this your loved child, 'Osteopathy,' is the prayer of your friend."

MRS. SOL MORRIS.

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PROF. W. P. NASON, the well known educator, writes:

I read the book from beginning to end, to Mrs. Nason, which is quite a feat for me and for the ability to do so. I am indebted to Osteopathy or yourself, for had it not been for the Osteopathic treatments I have taken, I could not have read the book aloud. We were deeply interested and delighted with the book from the first page to the last. I think it worthy its great author who has done more for suffering humanity than any man, yes, I might well say, all the men of this great generation engaged in the art of healing, or curing the sick."

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JOHN R. MUSICK:—Filled with philosophy and advice which makes it useful in any household. Page after page reveals new beauties while the soul drinks in wisdom from every line. Every thought is original, and every expression new. The style has all the freshness and vigor of youth, while the thought shows the wisdom of years."

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MRS. NETTIE H. BOLLES, D. O., of Denver Colorado, says:

"Several of the chapters came to me as old friends. To one who reads, there can be no question as to whom the honor is due for the discovery of Osteopathy."

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## DR. A. T. STILL'S DEPARTMENT.

### ·CHEW, SWALLOW AND DIGEST.

**B**UT few persons ever give a thought to the laws of nutrition. We chew, swallow and digest. Some substances are so hard to separate that it takes all the powers of the great muscles of the under jaw to push the teeth through them. Then the labor begins in earnest on that chunk of beef or half cooked old turkey gobbler's breast, that has been embalmed with spice, sage and pepper sufficiently to keep a thousand years. After long chewing, twisting and failures, we often have to take the bite in our fingers and pull it to pieces to get it small enough to swallow, for we know we risk our lives if we try to swallow it as it is. Thousands have choked to death in this way, and to avoid that danger we put the muscles of the jaw to a great strain.

I want to set you to thinking just a little, for it is your bodies I wish to save from an untimely, or the imprudent man's early grave.

I will speak first of the labors of chewing and swallowing. Each process differs from the other. Chewing first, swallowing next, and digestion last. Digestion never starts its work until the other two have finished the work of mastication and swallowing. Three sets of nerves have to take active part before nutrition has reached the climax of physical perfection.

In reducing substances to fluids, qualified when passed through the thoracic duct to the lungs by qualification to a higher process or otherwise; to be forwarded from there into the heart, which will send the blood by its force to the brain and other departments of the body, to receive such elements by addition as would qualify the blood for its various uses through all divisions of the body.

If the reader will stop and reason for a few moments can he not see that chewing, swallowing and digestion are separate and active principles, which cannot all act at once. Therefore when the nerves of mastication are in motion the process of digestion must be suspended. Right here we are forced to conclude, that when digestion becomes active chewing and swallowing must be inactive during that process, and the sooner their duty is completed, reason would teach us digestion would commence its work at an earlier date. Knowing this to be a natural truth that no two of the three forces above described can work at the same time; would it not be the best philosophy in this day of electric speed to hurry the process of mastication and swallowing through their labors, that they may stop in order that the chemical process of digestion should have an undisturbed opportunity, to



accomplish that great and most wonderful feat of nature, which is to change dead substances to living matter?

Persons who have not studied the physical laws of life, innocently or ignorantly crucify the chances for physical and mental comfort, which can be seen, felt and comprehended only by an intelligent man or woman, when by accident or otherwise they are invited to partake of, and go through the military drill of the six o'clock dinners, which are considered very limited in display when the changes are less than seven, very moderate at ten, and fairly filled at thirteen. This process of animal torture with suspended digestion, ligate pressure of abdominal aorta, vena cava, renal, pelvic and all nerve centers of sacrum suspended by pressure of the loading of the foolish and indigestible compounds, that have been forced into the stomach by the most idiotic stupidity of the present age.

An intelligent observer, and not much intelligence is required, provided he understands some of the laws of anatomy and physiology to see and know that the cause of so much apoplexy, paralysis of one or both sides, gout, heart disease, Bright's disease, appendicitis, piles, shaking palsy, bald heads, and insanity both periodic and continued, all have their origin in some big dinner.

One would say it is such a pleasant place to talk, but with all these facts before us I would say, less talk, more sense and better health.

At this time allow me to ask a few pointed questions. What do you suppose a Kentuckian would do with his servant if he should treat his fox hounds as you have treated your stomach? He would give him a raw-hiding, then have him hitch up a four horse team, send him to Tennessee with a draft and order for a wagon load of dogs. When the darkey returns with the dogs his master gives him another whipping and says, the next time you feed my dogs to death I will hang you.

"Massa will you please tell me, can a pusson feed a dog to death?"

Much is said about the pleasures at the table, I will admit there is much pleasure at the table while eating, but more can be found in the parlor, for this reason; the circulation if the blood is pressed and stopped extensively by the pressure of an overloaded stomach; every nerve, vein and artery is being pressed to misery. Why not get up and take the weight off the abdominal aorta, vena cava and all the systems that must have room to act to let digestion get to work before the food rots in you? You have forced the blood to the brain by taking up all space to go to other places. Is it not reasonable to think a blood vessel will burst in the brain and pour in its contents until you have a case of apoplexy etc.?

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#### THE SEARCH LIGHTS OF SUCCESS.

NO truth ever took place among men and was adopted for its value that did not exist in nature. Self created, self living and comes with the gray hairs and whiskers of long ages. It has ever stood in the open fields, and with the label on its breast written in all languages, "I am for you," and has even



broken ranks to catch the eye of man. "I at first spread in full view the full broadside of my vessel, that tipped all shores with bow and stern; but man did not, would not, take his eye off the boats of empty tradition long enough to read the labels of this great vessel, whose length reached from shore to shore." One said I wish I was on that long boat, I believe a person could get a long sleep on it. A person may stand in the best of places and listen to the arguments of truth and not move a muscle of mind or body for years, and will not because he fears it will not be popular. He is a liar and a hypocrite of the first and of all kinds of water. He is a coward and a sneaking paltroon, and lives by short weights and hypocrisy. He is much more to be dreaded than the man of much sleep. He wears the yellow rose of jealousy, and is ever ready to say when the hard fight for truth is over and the enemy is dead, I too want to be a pall-bearer at that funeral, and makes an ass of himself. He knows he never spoke one word to encourage the growth of that now wonderful truth, that he is splitting his throat to tell the people about.

Does he travel in the front line of progress with a search-light of an honest explorer? No, he is naught but the mill-stone of untruth around the neck of honest investigation. He takes hold of this unfolded truth with the tongue of a liar and hand of a thief, and says "I am the Edison of all discoveries, the commander of the sun and moon. I am far in advance of all thinkers as the size of my hat shows. I have gotten all the knowledge that mortals can give."

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#### THE HEAD OF THE FAMILY.

MAN is the head of the family, so declared by sacred writ. Has he not great reason to be proud of this appointment? For is he not also master of the beasts of the field, the fishes of the sea and the fowls of the air. All of these facts being indisputable, is it not reasonable that he should lead in all things?

The woman is the weaker vessel, and generally very weak; would it not be expected that this divinely endowed gentleman should lead in all things? If so, let him rise in the morning, make fires, have the room warm and comfortable to receive the weaker vessel. Is his arm not stronger than hers? If so, let him cut the meat, grind the coffee, churn and dress the butter, wash the dishes, make up the beds, put on and fill the wash boiler, do the washing and ironing, box and spank the children, in order to save her strength. She has many duties which the head of the family can assign to her, which are lighter and more pleasant. Such as playing the piano, riding the bicycle, curling her hair, light gossip, entertaining company, receiving the news of the day such as deaths, marriages and the latest scandal. He is admonished not to be weary in well doing for in due season he shall reap if he faint not. He must ever remember that these light afflictions have some glory at the end of them.



## HINTS ON STUDY.

### A FEW SUGGESTIONS TO STUDENTS.

BY CHAS. HAZZARD, PH. B.

TO study is a student's business; study broadly, not books alone, but men, events, and facts, wherever found. It is obvious that if he do not study broadly, he may become narrow; if he study books alone, he may become "bookish," and that if he do not accustom himself to dealing with facts outside of books, he lessens his chances of success in any profession in which he must deal with facts hand to hand. In other words, he may become impractical. In this class are men whom I have known to graduate from college with honor, men who, during their course had avoided society, school-politics, athletics, and the like, and had devoted themselves solely to books, winning the coveted scholarship honor, but defeating the very end of education by mistaken ideas of study. These men rarely amounted to much in the real business of life for which their college preparation should have fitted them.

I sometimes think that I can discover the counterpart of such a student in some of our students of Osteopathy. Some few there be, of bright mind, it may seem, who recite wonderfully well by rote, but who shrink in dismay when called upon to handle a fact, or to make practical application of the knowledge learned from the printed page.

An educated man should be handy at facts.

Besides the bookish student, there is another kind of student who has mistaken habits of study. The latter is one who works hard and late, makes tremendous and honest efforts to acquire the knowledge he so eagerly seeks, but when called upon for an account of what he has learned, shows that he has either missed the point or has failed to get it fixed in his memory. This student's failure is largely due to misdirected energy. He studies at ill-chosen hours, in uncomfortable or noisy places, or perhaps he does not understand how to classify and link together the facts that he learns. He falls into a habit of memorizing without understanding.

A third class is represented by the student who rushes in at the beginning of the term with a hurrah, does well for a few weeks, but soon subsides into mediocrity. He loses interest, and fails of the early promise. Evidently the seed had fallen upon stony places.

Evidently the test of a man's success is found in what he is able to achieve after his course of study is completed, no matter how his education was gotten. But the representative of a learned profession must, to a great extent, find his success based upon his technical education. This technical education must be gotten by patient and dilligent study along prescribed lines. If he was lazy or ignorant at his professional school, the day soon arrives in his professional career when he finds the way blocked before him.



Time was when any unqualified man found means to secure an Osteopath's diploma and to command a large practice, but that was simply because of a large demand and a paucity of real Osteopaths to supply it. Those times are now past. With the large classes of graduates going out from the various schools of Osteopathy, competition is becoming high among Osteopaths; a long-suffering and much-imposed-upon public is learning to discriminate, and the hour has come when the Osteopathic practitioner must be thoroughly educated in the principles of his profession or fail. He simply must know his business. The public comes to his office looking for a man worthy to be trusted with the issues of life, and it will not be satisfied with an ignoramus. If, in addition to his skill as an Osteopath, he can present evidences of culture and refinement, his services will be sought by the better classes of people, for the better classes will not tolerate a boor. A man, like water, finds his own level. These words are directed to our many earnest students, whose success, doubtless, is dependent upon no word from me. Yet it may be that a few words spoken upon this theme may meet a want felt by some hard-working student, and may give him a clearer light to guide his efforts.

To study is our business as students, yet how few of us take this view of the matter! How few get down to a really scientific basis in conducting their work as students! Yet successful study is as dependent upon well settled principles as is a successful business. There is a saying: "Plan your work, and work your plan." If a man place upon a rock a bullet with a charge of powder behind it, and touch off the powder, the only result is a flash; the ball remains unmoved. But if he ram the bullet home in front of a charge of powder in the barrel of a rifle, and then explode the powder, the bullet is sent out with irresistible force. Shooting the rifle is the plan for moving the ball. The fact is, we as students burn too much powder. Our efforts are often misdirected, and the tremendous energy we exert fails of its object because it is not rightly directed. Plan your studies; have a certain time and a certain place for taking up each different lesson. The whole day should be so arranged as to give the best possible result in work accomplished. To do this, one must give good attention to his physical condition. We are no more capable of performing a good quality of mental labor when the system is clogged and sluggish, than is a watch of keeping good time when choked with dust. Coming, as many students do, from active occupations to settle down here to the sedentary life of a student means a great change to which the system must accommodate itself. Almost invariably such a man continues to eat and drink as much as before, with the result that the system is clogged and poisoned, and the brain is left unfit for work. As a rule students eat too much, and exercise too little.

This brings to mind the habit many have of studying directly after a meal. At such a time the blood is needed about the digestive organs to yield its energy in digestive juices. Study at such a time hinders digestion,



and leads to nothing, since the brain is then in no condition for hard work. After the heavy meal of the day, one should rest before attempting work. If it be noon, and the afternoon is to be spent in study, one should follow the rest with exercise, which should be light at first, ending with more vigorous exercise, but not sufficient to fatigue. Then, having gone through such preliminary preparation for study, the brain is fresh and powerful, the meal is digested, and when the student sits down at his study table he is capable of splendid mental effort. Here also matters should be planned. The room should be quiet and comfortable; the light should not be so bright as to distract the mind from the work in hand; nothing should be allowed to interfere. Have every book, and everything necessary for the work within reach so that you do not need to rise from the chair. Under such conditions the mind can be concentrated most intensely, and can be kept so for from two to three hours. It can now make acquirement with greater ease and rapidity than possible under other circumstances, and study becomes a pleasure instead of a grind. Work thus done is well done in half the time required when careless, desultory habits are followed, hence out of the total time one may thus save considerable to be devoted to other forms of improvement.

It is well to do the hard study first, leaving light reading and errands, and the like for the more careless hours. Remember that the tired brain, like the tired muscle, works slowly and with difficulty.

There is an adage which says: "Brains, not thumbs, is the way to study." Some students thumb their books more diligently than they use their brains, and with poorer result. It is always better to call upon the brain to answer a question, if possible, than to interrogate the printed page.

A student should supply himself with good reference books for his work. A good dictionary may be had cheaply, and is indispensable. Use several books in studying one subject. Leave no word or point without thoroughly understanding it. In looking up new words in the dictionary, write them down and review them for the purpose of fixing them in the mind. Refer, if possible, to several authorities in looking up any subject. Nothing is so broadening as a liberal use of books. In studying, study broadly, look for facts outside of books in support of theories taught in books. Apply book-knowledge to actual experience as far as possible. Many a student is good at learning from books, but is lost in a laboratory where he comes face to face with the facts concerning which books are written. In despair he calls upon the professor to assign him work in the printed book. Dress this fact for him in printer's ink, that it may not startle him with its stark reality. Not so. Let him deal with facts hand to hand, 'tis the better part of his education. Thus he may escape the fate that befalls the bookish man.

One of the greatest difficulties encountered by the student is that of fixing in his mind the points learned, so that he can readily recall them. Here he must depend largely upon his own ingenuity to help him out of the

[Concluded on page 601.]



## EXTRACTS FROM A LECTURE.

DELIVERED BEFORE THE Y. M. C. A., OF DETROIT, MICHIGAN, BY F. W. HANNAH, D. O.

"MAN A MACHINE."

AT THE request of our worthy instructor, Prof. Studer, I, as a member of this organization, and grateful for the excellent opportunities afforded by it, shall endeavor to present for your consideration, a few thoughts along the line of "Man as a Machine," without any attempt to embellish those thoughts with high sounding rhetoric, or clothe them with technical expressions, and realizing at the same time that the subject is one of such gigantic proportions, as to require volumes for its proper consideration, instead of its being crowded into a short talk as this must necessarily be. Apropos of the subject, it has been said:

"Know thyself, enough for man to know,  
The proper study of mankind is man."

This proper study, suggested in the above, might well be divided into investigation along three lines, physical, mental and moral, coupled with the spiritual. Here it is easily observed how the third (moral) conditioned by the proper development of the second (mental,) and how both in turn (barring a few exceptions,) are conditioned by a proper development of the first (physical.) Viewed in this way, we see that the physical aspect of man is of prime importance; in fact, some choose to consider it paramount; some seek to develop the mental to the partial exclusion of the other two; some have dwelt upon the moral to the partial neglect of all else. In the light of all that has gone before, together with all that now is, as the basis for our judgment, we should say that the old Greek idea, "A sound mind in a sound body" most nearly expresses our idea of what education should result in—the process being a harmonious development of all the powers which are merely potentialities at birth.

But we are to consider man's physical being only this evening, and to do this in the proper way suggested above would involve investigation along the lines of anatomy—or the structure of the different parts; physiology—or the functions of those different parts; chemistry—or the wonderfully delicate elaboration of food stuffs from raw materials into bone, muscle, nerve, etc., and lastly hygiene—or the proper care of all the parts, including man's eating, drinking, sleeping, exercise, wearing apparel and bathing. Assuming that all are more or less familiar with the physiological workings of the six great systems of organs in the human body, upon whose harmonious action, depends the health of the individual, you will pardon me if I only sketch each system briefly, taking opportunity to drop a few practical hints here and there as we pass along.

The bones, about two hundred in round numbers, form the framework of



the complicated structure, and to the careful student thereof, they are the surveyor's stakes, if you please, to which he must refer before "running a line." They are fastened together at the joints or articulations by tough, fibrous bands called ligaments, the whole being sometimes likened unto the framework of a house before it has been enclosed, where the joists, uprights and rafters, standing out in bold relief, are united in a variety of ways, any one of which is far excelled in the articulations of the bones. They constitute the osseous system, and to their many and varied projections, and into the various depressions of these bones are fastened the muscles, some long, some short, some flat, according to their locations and the work they are required to perform, constituting the muscular system. They round out the figure and gives beauty and symmetry to the form, and by their marvelous contractile power brought to bear upon the bones as levers, when properly cultured give us the poetry of motion.

The next two systems, viz: the circulatory and nervous, are probably most concerned in the processes of life, although their activities are made possible only by the presence of the other systems. They are mutually dependent, the circulatory depending upon the nervous for its vital energy, and the nervous depending upon the circulatory for its nutrition. The heart, that four chambered organ, whose every throb lands us one step further into eternity, is the center of the circulatory system. It is the spot where life begins. Leading out from it are two large tubes, corresponding to the mains of a water system, which divide and subdivide as arteries, and arterioles until finally those subdivisions are so small as to be called capillary (hairlike,) the ramifications of which through muscle, nerve, bone, etc., are incalculable. Through this vast system, the heart, the engine of this machinery forces that common carrier, the blood from center to extremity, carrying nutrition to every atom, when the machinery is in proper adjustment. This nutrition, if consumed properly, should generate enough heat to warm the body sufficiently well to do away with heavy clothing, which only burdens us, exhausting vitality, which, if properly directed in other channels, might accomplish wonders. Having performed its mission, the blood passes on, one capillary blending with another, until they have formed a vein, which, in turn, blends with its neighbor, until the fluid contents are poured into some large veins and into the heart, whence it came, thus completing the circuit of the body, hence the name circulation, from circum, around, and fero to carry. Through these tubes which we, for convenience, have called arteries and veins, the blood must flow. Here I desire especially to be understood. Healthy blood flows. A sluggish circulation means disease. For blood to flow requires sufficient heart action, a certain amount of muscular exercise, and proper fluidity of itself. The last named point I wish to impress. Nutrition is carried into, and many waste products out of the system in solution *only*, and for this to be done, the fluidity of the circulation must be preserved. This is done principally by what we drink. The



drainage on the circulation by the daily secretion of from thirty to sixty ounces of saliva, ten to twelve pints of gastric juice, thirty to forty ounces of bile, twelve to sixteen ounces of pancreatic juice and about fifty ounces of urine, together with the tears and perspiration, is tremendous, and demands a large amount of fluid taken into the system daily to meet the deficit. This quantity has been variously estimated, but a very conservative estimate is one gallon daily. How many people take a gallon of fluid into the system daily? Millions are literally starving for water without realizing it. The internal bath is as important as the external one. Water is nature's own prescription, charged with life giving properties, and its abundance shows she meant no stinted use of it. It is the best blood purifier on the list.

Alongside this blood circulation is another, collateral to it, and often under-estimated in importance, viz: the lymphatic circulation, whose ramifications are also incalculable, and which acts as a reserve for the blood circulation, pouring out its stored up contents in cases of emergency, thus tiding one over quite a period of time without food. Thus it is that the bear can retire to his hibernating quarters late in the fall in good flesh, spend the winter and emerge in the spring as he does, thin, having lived up the reserve stored in the lymphatic system, it being drained back into the blood circulation and used up as nutrition. This is a sure cure for obesity.

The brain, that wonderful mechanism lying within the skull, is the center of the nervous system, and has been aptly compared to the electric dynamo, generating the nervous energy, and sending it out over the countless nerves just as the dynamo generates the electricity and sends it out over the wires from the power house.

These nerves branch out from the brain as large nerve trunks, divide and subdivide, until their ramifications are practically infinite, carrying nervous energy to every atom—without which life is impossible. It is the life itself if you please, handed down to man by his creator and has never been duplicated anywhere by man's ingenuity and skill, the nearest approach probably being the application of the electric current of a limited strength, which, if increased, is deadly in its effects, and which at best, is only a temporary stimulation while real life exists, as shown by the fact that the electric current is incapable of animating a corpse.

This nervous mechanism is of wonderful arrangement. Really two systems of nerves perform the work to be done by them viz: Cerebro spinal, and sympathetic; the former consists of the brain with its different divisions, and the spinal nerves, which pass out from the spinal cord at different elevations, to the muscles, presiding over the voluntary motions thereof; the sympathetic centering in the medulla, is a double chain of connected nervous ganglia, extending downward on either side of the spinal column, with countless branches penetrating every tissue of the body. It is that great system of nerves which presides over the involuntary activities; it is called sympathetic because of its intimate relationship with every part of the body



through which one disordered organ may transmit its disordered functions to another. It superintends and energizes the process of growth, nutrition, repair, respiration, circulation, tissue building and elimination from the tissues

"It is that sleepless sentinel who stands at the gates of life as long as we live, even a hundred years, and never sleeps a natural sleep for a single moment. Nothing short of lethal doses of narcotic or anesthetic drugs can wrap it in slumber robes and stretch it on its dreaming couch. It never sleeps but once and then eternally. It is that butler of yours, who without orders from you sees, to the nourishment of every part. It is that deft artisan who oils every joint in your frame and keeps it from cracking and rasping with friction, and loss of mobility, who lubricates all the surfaces of the body, both internal and external, so that they do not dry up, nor drip with excessive unction. It is that faithful servant who pumps your breath and blood for you through the long watches of the night while you sleep, and through the busy hours of the day as well. It is the janitor of the temple of your soul, who keeps up the fires of your bodily frame, and maintains an average temperature of 98 degrees throughout every department of this "house not made with hands," through summer's heat and winter's cold. It is that cunning servitor who stands at the window of your eye, adjusting the curtain of the iris, so as to admit just enough light to enable you, in the glare of noon day, or the shadows of twilight, to see with comfort the beauties of the world around you. It is that faithful warden who stands at the gateway of your stomach, and reports instantly to the brain, whether you put into your mouth a delicious fruit, or a corrosive poison. Through all the many and varied vicissitudes of life, the great sympathetic nerve is your best earthly friend and benefactor."

At the rear of the mouth, extending downward into the thorax, is a large tube, so constructed as to be kept always open. This tube also divides and subdivides until it is finally lost in the minute air cells of the lungs, when intercostal pressure is removed, there to come in contact with the blood circulating freely in the capillary vessels in the walls of the air cells. The function here performed is a double one, the oxygen from the air is taken up by the blood and some of the waste products picked up in the system are given off to be exhaled into the outer world. The importance of deep breathing in this connection cannot be over estimated.

This wonderful machinery constitutes the fifth great system, and is called the Respiratory. Here we might mention the kidneys, ureters and bladder as drainage tubes of the system, whose work is to eliminate certain waste products from the system.

The last great system of organs to be mentioned is the digestive, a tube varying in diameter and structure at different points, begins with the mouth passes through the entire trunk of the body and terminates in the rectum. This tube does not divide and subdivide as do the others already mentioned,



but receives tributary tubes at different points along the line, pouring into the main canal the secretions of certain glands all of which have certain physiological functions to perform on the food in the order that they are poured in. The functions of this system are briefly stated, to receive the food, prepare it to enter the system as nutrition and eject that part which is found unnecessary and unworthy. I have purposely avoided dwelling upon the extended uses of this system that we may notice some of its abuses.

In our characteristic American hurry, men will throw the food into their mouths in some of the most thoroughly unhygienic mixtures, wash it down with milk, water, tea or coffee, half chewed, thus throwing upon the stomach the greater part of the work that should be done by the mouth viz: grinding the food thoroughly by the teeth and moistening it by the saliva. Then again these fluids pass into the stomach with the food, dilute the gastric juices, and thereby prevent it from acting upon the food in its original strength as nature intends. The result is poor mastication, poor stomach digestion, hence poor assimilation later on and a weak constitution in the end, all because the eating and drinking were not properly managed, the two are closely related in man's living, but in actual practice should be removed at least three hours from each other. By this "washing down" process, it is a very easy matter to gorge the stomach before one is aware; this done three times a day, soon the entire canal is gorged, blockaded and over powered. The machinery refuses to work. Pain and suffering ensue.

The brain has generated a sufficient amount of vital force for ordinary purposes, which we will call 100 per cent. Each organ receives its prorata of that amount together with its proportion of nutrition, and is thereby given a limited capacity. The stomach is no exception. When required to act within the limits of that capacity it does its work well, otherwise it fails, and why not? Nature though patient as she often is, has taken precaution to protect herself against such continued inroads by producing fermentation in that overloaded stomach, followed by nausea and relieved by vomiting. A clogged machine will not do its work well no matter how carefully it is fed; nor will a stove with choked flues and draft perform its functions, no matter how combustible the material may be with which it is fed. Those flues must be cleaned out and kept open for the free passage of the air, for the fire to burn. On the same principle a clogged human machine cannot perform its functions of repairing the wastes and strengthening the body, no matter how wholesome the diet. I trust you have already noticed during the course of my remarks that we live largely by different systems of tubes. The arteries, veins, capillaries air passages, alimentary perspiratory and sebaceous canals are all tubes. No organ of the body is devoid of a network of tubes, and nature demands that they be kept free, for freedom for all fluids, forces and substances pertaining to life is absolutely essential to health. It is this clogging of the human machinery that must be avoided in



whatever part and from whatever cause. A closure of the tubes means stagnation, and stagnation means disease. Try this: "Mix equal parts of clean up, limber up, and open up, and take a large dose every morning on rising. It may be bitter and hard to take, but it cures."

\* \* \* \* \*

## WILL OSTEOPATHY BE PERMANENT?

PROF. C. W. PROCTOR.

A FRIEND of this new science, when among those who are somewhat skeptical as to its merits often hears the remark, "Will Osteopathy be permanent?" Some compare it to the water cure craze of a few years ago. Some suppose that like "faith-healing" it has a class of followers, rich in imaginative powers. To such readers of the JOURNAL as may have honest doubts as to the real merit of the system, the writer desires to call attention to some of the causes which seem to him to have been operative in building up the new science, and to invite an investigation of these causes to ascertain if they are sufficient to guarantee a permanent existence.

In the first place, there was nothing attractive in the surroundings of its early life. It was not launched in a great university, by a man already famous, with wealth and social influence to give it prestige, and abundant advertising to make it known; as were antitoxin, Koch's lymph and a score of similar preparations, that flamed like a meteor and bid fair to disappear as rapidly as they appeared. The science was born in obscurity, was advertised only by those who were benefitted, and made its way against the influence of a powerful and influential profession. If single handed, without money, and without friends, a system can in less than ten years win its way to the front, and make hundreds of thousands of loyal friends can it not make more friends and win more adherents on its merits in the years to come? If it has convinced the world thus far by its merits, will it fail in prosperity to hold what it gained in adversity? Naturally an enterprise which wins on its own merits, stands by virtue of those merits. In other words, any system which cures a considerable per cent of people who have tried everything else, will never lack for patients, so long as accident and disease prey upon the frail bodies of humanity.

In the second place, it is a rational treatment, so simple that the mass of the people can understand why the treatment is given. Even the unlearned understand that nerves, blood vessels and bones are liable to be disturbed, and can comprehend that when they are disarranged or interfered with, a skilled operator might set them right. They know, too, that, nerves



are the controlling agency of all organs and that blood vessels supply the materials for their use. They can see that by removing a pressure on this nerve or opening up the blood supply through that vessel; a clogged and hampered organ may have its vitality renewed. There are thousands who never were convinced that deadly poisons could in small quantities be transformed into agents of healing. There are many who believe that a little poison is not the best treatment for a serious ailment, and that much poison is not any better. The friends of Osteopathy may be pardoned for believing that its future is quite as secure as that of a system based upon digitalis, aconite, atropine, strychnine, arsenic, corrosive sublimate, calomel, chloral and a host of other corner stones, as deadly as the venom of a rattlesnake. The wonder is not that a new system has been proposed, but that the old system has lasted so long!

A medical brother of wide reputation propounded to an Osteopath the following: "Does Dr. Still know more than all the scholars of the old world and the new? That would be absurd," he added. So it would, but he knew something *different* from that known by all the other men; and in claiming *that*, there is not the slightest presumption. To sneer at such a claim is to deny possibility of human progress. And no sincere seeker after knowledge, in this century, sneers at the humble origin of any man or idea. *The sincere seeker for the truth investigates the facts and the argument.*

Our brothers, the medical men, claim to know all about what is beneficial in the treatment of disease and would deny to a layman the right to decide for himself on that question. But we appeal to the layman as the best qualified to judge in some respects at least. He has not been trained to think only of medicine as a remedy. The layman has no lucrative call which depends on his decision. The layman wants to know the truth for his health or his life, depends upon it.

Everyone knows how certainly an injury to the tissue of the brain causes serious effects, sometimes in parts remote from the injury. Paralysis of a limb, loss of sight in an eye, diabetes, irregular heart action, and a score of other results may come from a pressure of the injured skull or a clogged blood vessel in the brain. But few have recognized to what extent nerves anywhere in their course may be affected by pressure or bruise. Where they pass between muscles, a congested condition of the muscular tissue may cause such pressure on a nerve as to diminish greatly its activity. At every interval in the spinal region the delicate machinery is as liable to disarrangement by blows, strains or chills as is the brain, and consequently every vital organ may be impaired by such disarrangement. A local irritation sets the whole machinery of the body into a state of excitement, and a fever results. So intricate the nerve branchings and the windings of blood vessels that a disturbance in one place may affect the action of the whole machinery. Is it strange that one taught to give medicine for every trouble should fail to appreciate how much may be done by the manipulation of



parts to restore blood, nerve and bone to their proper relation and activity? Is it not reasonable that by a close study of these relations, manipulation may relieve better than medicine? If the nerves that supply the stomach lack vitality, which is more reasonable, a dose of strychnine to excite the nerves of the entire spinal region or a manipulation of those nerves and blood vessels which supply the part affected?

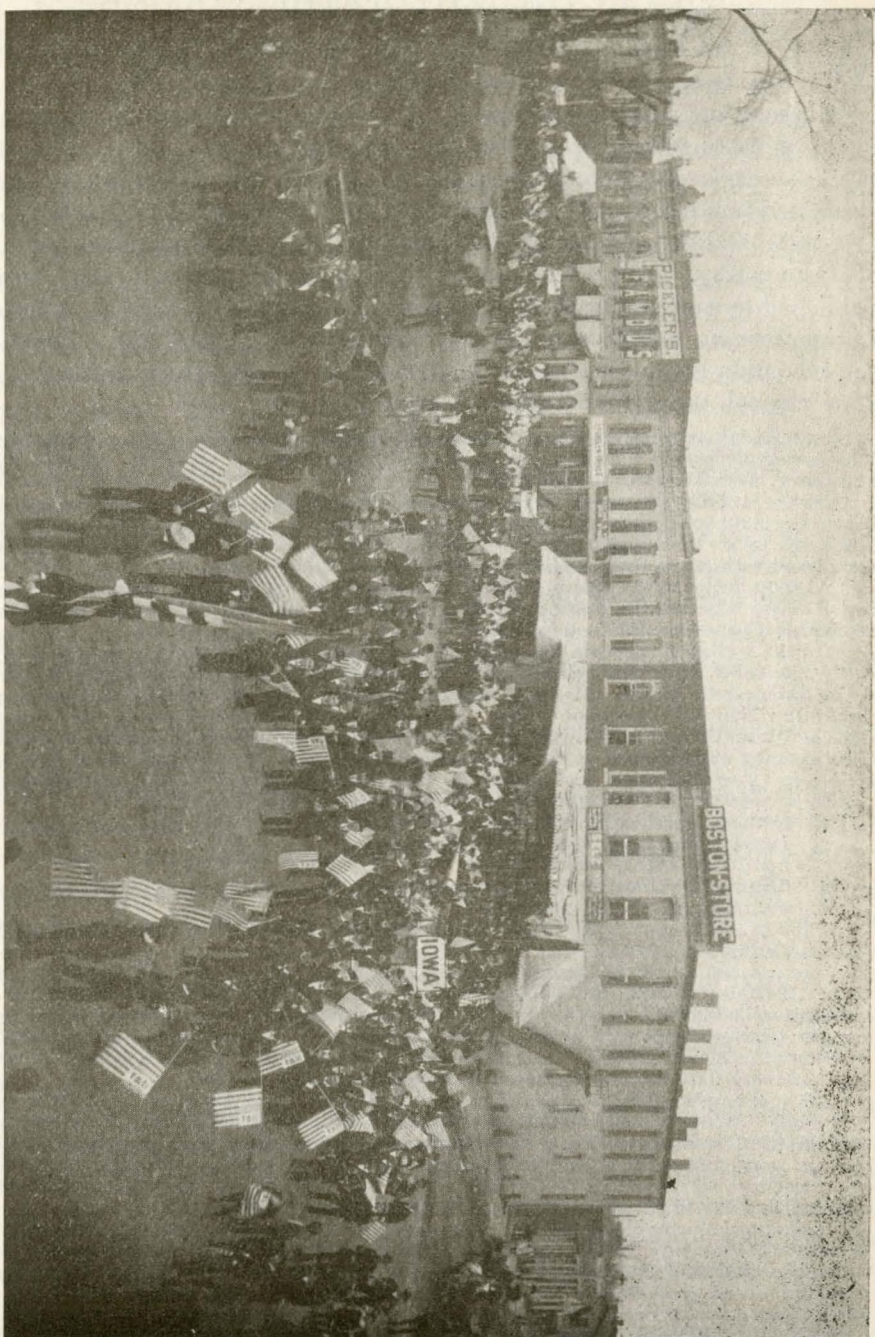
If a nerve issuing from the spinal cord is affected by an injury and the stomach thereby affected, how long will it take to cure said stomach by putting hydrochloric acid, glycerine, strychnine and other remedies into it, leaving the cause in the spinal region untouched?

But the explanation of the success of Osteopathy does not lie alone in its humble birth, the general distrust of medicine, or even the logic of the system. The chief reason is that so many people who have tried everything else are being continually cured by it. "Whereas I was blind I now see," is an unanswerable argument. To be sure, many are not cured, some not even benefitted, but enough are cured to make the treatment a permanent factor in the affairs of the coming years. Nine-tenths of those who receive treatment, go away friends of the system, even when little benefitted themselves. They see enough to convince them of its value.

We might in conclusion point to some indications of its growing importance. Five years ago few were willing to be called Osteopaths, now there are no less than three who claim to be the real founders, and a half score who modestly (?) profess to have greatly improved the system. Recognition in several states, and a reputation which insures to students of the system a reasonable income from the practice of its principles, has brought forth a large number of impostors. That impostors may injure the cause, everyone will recognize. But when time has held her court and pronounced her final decision, I have no doubt, that the faithful work of honest men and women will perpetuate the principles of a system which has had such a remarkable growth in the face of so great opposition. And with its success the name of Dr. Still will be indissolubly linked even when none who knew personally of his life and work are left to testify to his originality and genius.







STUDENTS OF THE AMERICAN SCHOOL OF OSTEOPATHY CELEBRATING THE LEGALIZING OF OSTEOPATHY IN IOWA, APRIL 1, 1898.



## IOWA IN THE OSTEOPATHIC COLUMN.

WHEN the April number of this JOURNAL went to press, news of the final triumph of Osteopathy in Iowa as a recognized method of curing disease, had just been received. A brief announcement of the fact was made together with a copy of the act which had become a law. Friends of the Science, everywhere throughout the world, will no doubt, be further interested in a more extended account of the brilliant victory achieved in that state, and the manner in which that victory was received at the home of Osteopathy. Long accounts of the celebration held in this city were published in each of the local newspapers. The celebration was notable for its spontaneous enthusiasm. It was held on Friday, April 1st. Describing the reception given Dr. Arthur G. Hildreth, on his return from the Iowa state capitol, the *Kirksville Journal* says:

Last Friday was a great day in Osteopathic circles in this city. Many of the business houses were decorated with flags and the colors of the American School of Osteopathy, red and black, were hung out on every side.

Dr. A. G. Hildreth was to arrive from Iowa on the 10:10 train on the Wabash, and long before the train rolled into the depot a huge procession, composed of students of the school, had lined up on Washington street, extending from the station to the park. The streets were lined with crowds of people and every student carried a flag.

As soon as the train came in sight, it was saluted by the booming cannon, the screeching of steam whistles, the ringing of the church bells and the blowing of horns until it seemed as if pandemonium had broken loose.

On the arrival of the train Dr. Hildreth was seized, elevated upon the shoulders of some of the excited students and carried to a carriage containing besides himself, Drs. H. M. Still, C. E. Still and H. T. Still and Miss Margaret McCully of Iowa, holding the reins, which were silk ribbons of the school colors. As soon as Dr. Hildreth was seated, the horses were detached from the carriage and forty Iowa students manned the ropes which were attached. This carriage was followed by one containing Mrs. Dr. A. T. Still and Mrs. Dr. Arthur Hildreth. The procession was headed by the Kirksville Concert band, and following the carriages came the five hundred students lined up in the following order:

1. October class with Vermont banner.
2. January class with North Dakota banner.
3. April class with Missouri banner.
4. September class with Michigan banner.
5. February class with Iowa banner.

Each of the banners had "Iowa" printed across it, showing the estimation in which the state is held by the school.

The procession marched around the park, cheering, singing and uttering their college yells. Hurrah for Iowa, resounded upon every side, and it is safe to say that if the Iowa Legislature had landed here they could have taken the town. The carriage finally stopped, and Dr. Hildreth responded in an eloquent little speech, heartily thanking the people for their royal reception, giving an account of the grand fight that had been made and predicting that every state would soon follow the glorious example of Iowa.

He said emphatically that he did not claim the credit that was given him for the passage of the bill. While he had worked earnestly and faithfully, it should always be remembered that the result was largely due to the united work of the devoted friends of Osteopathy who lived in Iowa, and to the splendid services of some of the senators and representatives who so ably advocated the merits of the bill before the Legislature. He was enthusiastically cheered, and was followed by Dr. Smith in one of his witty talks.

The crowd slowly dispersed, but many of the students kept up the parade until noon. It was truly Iowa day in Kirksville, and the citizens generally, seemed anxious to show their appreciation of the splendid work done for them and for humanity by the 27th General Assembly of the great state of Iowa. The people of this city will always hold in grateful remembrance the action of that broad minded, intelligent body of men, who, amidst the cares of legislating for a rapidly growing and progressive commonwealth, had still time to spare to work on such broad grounds of science and humanity.



The gratitude of this community is more especially due, to those who so ably advocated the bill before the committees, and upon the floors of each house and to the Governor of the state. Grand old Iowa. Grand old Missouri. As twin stars in the glorious constellation of American Liberty, may they shine forever, side by side, constantly growing in glory through all the ages of eternity.

The American School of Osteopathy, and every friend of the science throughout Iowa and the United States, should ever feel grateful to those who so earnestly and honestly and ably assisted in the plans of both the Senate and the House of the Iowa Legislature in securing recognition for the science in that state. When we consider that only last year Iowa passed the most stringent medical practice act whereby the practice of Osteopathy was entirely prohibited, we can conceive what a victory it was for our profession to receive recognition. Only those who stood by and witnessed the able work of the friends of truth, not only in the House and Senate, but throughout the entire states, can realize how much we are indebted to our friends in Iowa. The able address of the Hon. P. L. Prentis, of Ringold, a homeopathic physician, which is given in full below, was only one of the masterly efforts made by the friends of Osteopathy. The address of representative James A. Pennick, of Chariton, and Senator B. F. Carroll, of Bloomfield, were splendid efforts which would also gladly have been presented herewith could copies have been obtained in time. Space forbids mention in detail of all in the legislature and out of it, who made a noble fight for the cause of Nature's Science in healing. Their able addresses and unselfish efforts are highly appreciated by all true friends of Osteopathy. The work done on the floor of both Houses is deserving of no more praise than the efforts of those who, by their private earnest appeals, did so much to overcome the prejudices of our opponents. It was in truth a labor for humanity and love. To Senator W. J. Mitchell, who had charge of the bill in the senate, and Representative O. H. Frink, who introduced the same in the House. Osteopathy, humanity, and especially the afflicted of Iowa, owe a lasting debt of gratitude. There are many others deserving mention, but space forbids mention of more by name. To those members of the Iowa legislature who voted and worked against the bill there is felt no malice or ill will, granting that they voted and worked as they thought for the best, giving them credit for doing their duty as they saw it. Even the opponents who were honest in their opposition, deserve the respect of all men for following their convictions of what they believed right.

It may be well claimed that opening the State of Iowa to the practice of Osteopathy, is the greatest victory yet won by the science. Osteopaths accept it not in any spirit of vain exultation, but rather with deep heartfelt thankfulness to God, that justice and truth have once more been vindicated, and the true spirit of progress taken firm hold in another proud state of our nation. Another brilliant gem has been added to the imperial crown of Iowa.

Could our friends in the Iowa legislature have witnessed the demon-



stration of the city of Kirksville, and the American School of Osteopathy, with its five hundred students, when the announcement was received that Governor Shaw had signed the bill legalizing the practice of Osteopathy in that state, they would have realized how fully we appreciate their efforts.

The regular school of medicine made the best organized fight Osteopathy has ever had to contend with anywhere. Knowing as we do, the influences that were brought to bear on members of the Iowa General Assembly, it is a matter of wonder that such a victory was gained. To our brothers in other schools, we will say that our doors are always wide open for scientific investigation. We court honest investigation. Why men who stand at the head of a profession, which should be regarded as the most broad-minded and liberal, and also the most progressive, as it has human health and happiness at stake, standing as they do in the dawn of the twentieth century, an age that boasts of the greatest scientific development, could wage such a war against Osteopathy, as was waged in Iowa without ever having honestly investigated it, is something that is utterly uncomprehensible. No word of censure was spoken against Osteopathy, except from the old school, and that without any investigation. Is this just? Are they desirous of protecting the innocent people of their great state, or are they afraid of competition? The unbiased and disinterested reader may answer the question.

Dr. Arthur G. Hildreth, who represented the cause of Osteopathy at the State Capital during the contest has reason to feel proud in his share of the work, inasmuch, that even the enemies of the bill have no word of censure for the manner in which the claims of Osteopathy were pressed to a successful issue. A representative who voted against the bill but whose name we have not the permission to use, in a letter to Dr. Hildreth says:

"I am in receipt of an account of your very flattering reception on your return from Iowa. I was glad to learn that your efforts were appreciated at your home. I know something of the hard fight you had and the strong opposition you met with; how you came there a stranger in a strange land; how the enemy organized against you and how you stood alone and managed the battle with what must have seemed certain defeat facing you on every hand. \* \* \* \* Though I was not one of you, and voted against the bill, and would have spoken against it had not the previous question been moved, I desire at this time to assure you that from now on so long as I am a member there will be no more loyal supporter of Osteopathy in the Iowa Legislature than the "Gentlemen From Bremer."

I desire further to congratulate you upon the manner in which you conducted the fight. It was entirely free from questionable methods. There were no cloudy transactions.

The speech of Hon. P. L. Prentis, of Ringgold county, in the House, immediately preceding the passage of the bill was one of the features of the contest. Though himself a physician of the Homeopathic school he championed the bill and his speech and keen analytic wit did much to strip away the fallacies of the opposition and expose the weakness of their arguments:

Mr. Giesler, who antagonized the bill, had submitted an amendment which provided that each person permitted to practice Osteopathy in Iowa should be entitled to do so only in connection with a practicing physician, under whose care the patient should be placed.

Speaking on the amendment, Dr. P. L. Prentis, the member from Ringgold county, spoke extemporaneously as follows:

Mr. Speaker: The gentleman from Muscatine (Giesler) in offering his amendment might have accomplished the same purpose its adoption would accomplish by moving to amend the bill before us by striking out all after the enacting clause. This amendment undoubtedly is not offered by a friend of Osteopathy. There is nothing in our present statutes prohibiting any physician of medicine from practicing Osteopathy if such practitioner had sufficient knowledge of the latter science to dare to do so. This amendment seeks to make the Osteopath the servant of the medical practitioner—a relationship which the author well knows would not be desirable by either party. Therefore, the adoption of this amendment would in fact mean that the many students of Osteopathy from the state of Iowa, after completing the



two years' course and graduating from an Osteopathic School, must in addition thereto, before they can return to their native state and practice their chosen profession, also take a four years' course in a medical college and receive a degree therefrom.



The gentleman from Muscatine (Giesler) in his argument for the amendment has quoted from an editorial, a copy of which I hold in my hand, and which was written by the distinguished editor of the Iowa Medical Journal, Dr. J. W. Kime. This article has been printed in circular form and left on the desk of every member of this House, and also many members have been supplied with copies of the Journal in which the article was originally published. Inasmuch as it has been used as an argument for the adoption of this amendment, I desire to review briefly its contents. In this article the distinguished author asserts that "what Osteopathy is, is unknown." Mr. Speaker: I am not responsible for any ignorance manifest on the part of this distinguished doctor, but I want to say that what Osteopathy is, is known by men and women of the very highest standing, both in private and public life; and furthermore, that the success of this art of healing is known and testified to by thousands of the best citizens of the Union. Indeed, Mr. Speaker, contrary to the argument of the gentleman from Muscatine (Giesler), I am convinced that the great majority of the people of our own commonwealth, both professional and laity, well known of the excellent success of the Osteopathic treatment, and have a abundant faith in the ability of its practitioners to combat successfully with the larger per cent of all diseases of the human body. The distinguished author of this article further innocently states that he favors the extension to Osteopathy of the same rights as are given to the medical profession. He believes nothing of the kind. If he did, he would either not oppose this bill or else would favor and recommend the

appointment of an Osteopath on the state board of medical examiners. On the same page he protests against the attempt on the part of this new profession to enter the sacred field of obstetrics by an easy route. In this he is mistaken, as can be proven by reference to the catalogue of the American School of Osteopathy at Kirksville, Mo., in which it is plainly manifest that their instruction in obstetrics is as thorough and competent as that given by the average medical colleges. Furthermore, we are reliably informed that the wife of a leading United States Senator has publicly asserted that had Osteopathy nothing more to its credit than the relief given to suffering women, it should receive the highest praise and support of the American people. The author of this remarkable article cites also a danger in the passage of this bill because of the inability of the Osteopath to combat with contagious diseases. It has been clearly demonstrated before the committee on public health, to which his bill was referred, that the ability of the Osteopath to differentiate between diseases is as good as that of the average physician. Diagnosis is thoroughly taught in their college at Kirksville. With this ability to diagnose contagious diseases they have only to comply with the rules of the state board of health, and failure to comply with those rules on their part would certainly be followed by the revocation of the certificate of any practitioner. Also under the provisions of this bill the state board of medical examiners may refuse to issue certificates to graduates from any Osteopathic institution which in their judgment is incompetent to give the necessary instruction in any branch of study named in this bill. On another page the distinguished doctor kindly states that it is not the purpose of the Journal to decry Osteopathy. I assert Mr. Speaker, that he does seek to discredit Osteopathy, and that his editorial does not admit the existence of a single reliable practitioner of the Osteopathic profession, nor ability of that profession to successfully treat suffering humanity. The narrowness and selfishness of his attitude toward the noble men and women practicing the art of healing in competition with the so-called (regular) school of medicine to which he belongs is further manifest by the insulting language he uses near the close of his editorial when he states that "no preliminary education whatever is required," and that "from Kirksville, after a twenty-months' vacation from the hod, the shovel, and the plow, they go forth to treat all diseases." Mr. Speaker, the assertion of this remarkable writer, that no preliminary education is required is absolutely false, as is proven by reference to page 52 of the catalogue of the American School of Osteopathy, where the requirements for matriculation in that institution are clearly made as high as those of any medical college in our land. In confirmation of the strictest adherence to these requirements, I would point to the fact that from our state none but young men and women of thorough education, fresh from Iowa's best educational institutions, have been received into their classes. Mr. Speaker, I never before knew that it was a disgrace or even a discredit to go from either the "hod," the "shovel" or the "plow" into the field of any of the honorable and learned professions in this land where liberty was so dearly bought and whose people have never denied the humblest of her sons the right to aspire and attain to the occupancy of the highest positions within their gift. Mr. Speaker, for the first time in my life, I raise my voice in this legislative hall in defense of the noble American manhood and womanhood who have by sacrifice and industry gone forth from the humble field of the laborer and achieved success in the more learned vocations of life. From even the plow, Mr. Speaker and gentlemen of the house, have come some of the most notable and beloved of American men and women. Your humble servant, himself, though possessing but little of merit intellectually, remembers well the furrow of the plow and labor of the farm, (but recently left) in his meager portion, at least, of this world's intellectual gifts. And, Mr. Speaker, though the nobler men of Iowa now at Kirksville may have went there from the plow, yet I dare say to the distinguished author of this insulting editorial, that at the completion of their two years' vacation at that institution they will return to their native state, should this bill become a law, and enter the medical "field" of Iowa and grasp the "medical plow" with such such firmness and guage its furrow to such a depth as to bury the massive doses of allopathy so far beneath the surface that they will never rise again! (Applause.)

The most remarkable and astonishing declaration, however, of this distinguished writer is found at the close of his article, and which I desire to read exactly as printed in the copy he has so kindly left upon my desk. It reads as follows: "Think of mastering anatomy, physiology, chemistry, histology, pathology, gynecology, obstetrics, and a knowledge of all diseases in twenty months by an ignorant mechanic who can scarcely read or write the English language!" I pass over, Mr. Speaker, this burning insult to the respectable young men and women from the state of Iowa now at Kirksville, as unworthy of comment. Continuing, this pervicator of facts says: "And all this to be learned in the rural district of Kirksville, Mo., where not a single case of acute disease, diphtheria, croup, fever of any kind, obstetrics, and but little gynecology are seen." Mr. Speaker and gentlemen of the house, are you longer surprised at the fact of so many people from all parts of the United States flocking to the "rural district" of Kirksville, Mo.? Think of it! Not a single case of acute disease is there seen; but more astonishing than this is the statement that in the "rural district" of Kirksville, Mo.—a city of 7,000 inhabitants—never has there been seen a single case of obstetrics! (Applause) What a veritable paradise is this "rural district" of Kirksville, Mo. Surely here has been discovered a spot upon which the curse of a just Providence has never fallen! (Applause.)



## LEGISLATION IN NEW YORK.

GEORGE J. HELMER, D. O.

THE April issue of the JOURNAL mentioned that the Osteopaths were working for legal recognition and we now wish to report the result of our labors.

We were represented before the New York Legislature by Julius H. Seymour, one of New York's ablest lawyers, but, on account of the early adjournment of the session and our late start, we found that the secure legislation in the Empire State, at this time, was beyond our power, so we turned our energies toward killing the Medical bill, at the same time pushing the Osteopathic Bill as far as possible. We discovered that many of the legislators knew nothing of Osteopathy farther than an adverse knowledge given them by the State and County Medical societies. This information consisted principally of letters and petitions denouncing and misrepresenting Osteopathy, the chief argument being that Osteopathists knew absolutely nothing about disease or human anatomy. On the strength of this, many promises had been given to vote against the Osteopathic Bill by gentlemen who, after spending a few minutes with an Osteopath, expressed both surprise and regret at having been thus erroneously informed regarding the science.

It was a difficult matter to secure a hearing before the Committee on Public Health in both Houses. The chairman of the House committee on Public Health flatly refused to report the bill, as did the chairman of the Senate committee. It is a question whether we could have procured a hearing before the Senate committee at all were it not for Lieut. Governor Fisk, of Vermont, whose official position demanded courtesy, and who, cancelling all business and social engagements, kindly contributed his time and testimony on that occasion. Several petitions were presented and letters read from friends and patients of the Osteopaths in the East, but a package of valuable petitions and letters from influential and prominent people, patients of the different Osteopaths in the state, which were handed to the chairman of the Senate committee, were returned to me unopened and therefore unread. From the letters read before the Senate committee. I enclose one written by Ex-Governor Dillingham, a man whose keen perception, fidelity, and integrity is well known, and whose influence extends throughout the Eastern states.

While the legislative work in New York cannot be scored as a great victory for Osteopathy, neither can it be considered a failure, as much was really accomplished; the Medical Bill was killed, Osteopathy became better known and the people more intelligently informed regarding its theory and practice. To the friends and patients, who so generously contributed their sympathy and support we take this opportunity of expressing our apprecia-



tion and gratitude, and we trust that the seed sown in this session may bring forth fruit at the next:

EX-GOVERNOR WILLIAM P. DILLINGHAM'S LETTER.

"I have been asked to give my impressions as to the science of healing known as Osteopathy, and willingly do so. My attention was first called to it through friends who had been treated by Dr. George J. Helmer, now of the city or New York, but who at the time was practicing at Chelsea in the state of Vermont. A large number of persons of intelligence and prominence in business and professional life brought to me favorable reports of the benefit they had received from his treatment.

"At a later period Dr. Helmer established himself in this city, and his practice soon became so extensive as to occupy all his time. I was well acquainted with a large number of his patients, all of whom were from the most intelligent classes in society, and I do not now recall one who was not enthusiastic in his belief that Osteopathy was a science and an advance step in the art of healing.

"At the October session of the legislature of Vermont in the year 1896. a bill was introduced regulating the practice of medicine in the state, by the terms of which Osteopathic practitioners were excluded. The bill aroused great indignation among those who had looked into this science, and at their suggestion I was employed to represent the interests of Osteopathy before the committee of the legislature to which the bill was referred, and did so. The hearing was public and held in the hall of the House of Representatives in the presence of a crowded audience. Dr. Helmer made a brief statement of the principles of Osteopathy and submitted himself to examination by the committee, several of whom were physicians. Among those who had received treatment under this system, who testified to the benefits they had received and their belief in it as a science, were Hon. John H. Watson, Joseph D. Denniston, Esq., and R. M. Harvey, Esq., all prominent lawyers in the county of Orange, Hon. William H. Nichols, Judge of Probate for the District of Randolph, Curtis S. Emery, Esq., Clerk of Orange County Court, and other citizens of Chelsea where Dr. Helmer practiced. Among other persons who were present and spoke in favor of allowing Osteopathic physicians to practice in this state were Lieut. Governor Fisk and Hon. Olin Merrill, Chairman of the Republican State Committee, both of whom had previously and were at that time receiving treatment with benefit; also Mr. L. P. Gleason, a prominent merchant of this city, whose son had been under treatment and was then present. Other prominent citizens testified, and letters were presented from still others who were unable to be present, among whom was Hon. George Nichols of Northfield, formerly a practitioner of the allopathic school and also for many years secretary of the state of Vermont.

"The result of the agitation was that a law was enacted authorizing the graduates of the American School of Osteopathy of Kirksville, Missouri, to practice in Vermont.

"Since that time I have employed practitioners of that school to treat several members of my family and have been particularly pleased with results. I firmly believe that this practice is based upon scientific principles and is an advance in medical science, and that it is the right of the public to employ its practitioners.

Very respectfully,

WILLIAM P. DILLINGHAM.



## The Journal of Osteopathy.

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THE JOURNAL is informed that that there is nothing in the laws of Alabama to prevent the practice of Osteopathy.

IOWA has taken a place in the front rank of progress. It is now time for a few remarks from the Medical Fortnightly.

THERE is no danger of Osteopathy failing to last. It is nature's system of healing, and will last as long as nature does.

THE February class has swelled to almost one hundred and fifty, and the prospects are that the next class which will start in September will reach two hundred.

IT is time that "The American Association for the Advancement of Osteopathy" was taking some steps to prevent the public from being swindled by pretended Osteopaths.

IF it is true, that medical laws which prevent the practice of Osteopathy in the States and Territories are violations of the Federal Constitution, it might be well for a test case to be taken to the Supreme Court of the United States.

THE greatest blessing one can confer on mankind is to give health to the afflicted. He who can relieve pain, and bring the flush of health to a single cheek, has accomplished more than the man who has conquered a city or made millions.

PROF. JAS. B. LITTLEJOHN, of Chicago, brother of the scholarly Dr. J. Martin

Littlejohn, has taken the chair of Histology and Pathology in the American School of Osteopathy. This will relieve Dr. Hazzard of these duties, and he will deliver regular lectures on the principles of Osteopathy.

THE man or woman who enters upon the study of Osteopathy because he or she thinks it is an easy education, and an easy way to make a living will meet with a sad mistake. Osteopathy is a living science, and for wide-awake people has proven a richer mine than the Klondike, while drones will succeed no better in this than in any other calling.

AN Osteopath should never surrender the most serious case, until death claims the victim. Often a doctor gives up his patient just at the moment the eventful turn was about to take place which would have resulted in triumph. Study each case, and above all things do not for a moment neglect your patient. Watch closely the result of every treatment, and vary your treatment in accordance with the results obtained. Be very careful of your diagnosis, and be sure that you thoroughly understand your case. Study it from the time you first take the patient in charge, until you have gained the victory.

IT will be seen by extracts from Southern journals published elsewhere in this issue, that H. W. Emeny, D. O., of Magnolia, Miss., has fallen into the hands of the phillistines, or what amounts to the same thing, the old school Medical Board of that state. Evidently Dr. Emeny has been having gratifying success in relieving and curing the sick who have come to him for treatment or he would not now find himself the target for persecution. Trees that do not bear fruit are seldom clubbed. The fact that Dr. Emeny's bond of two hundred dollars, required by the court, was signed by citizens whose aggregate wealth is estimated at half a million dollars, is a pretty good evidence of the estimation in which he is held by his fellow townsmen. The case will be carried



up to the highest court and the validity of the present law will be thoroughly tested.

IN the June issue of this journal we intend to publish a complete and correct list of the graduates of the American School of Osteopathy, up to date. This list will be of special value to all who hold diplomas and will be of general interest to that part of the public which is interested in the science and desirous of availing themselves of the services of its qualified practitioners. There are a number of pretended Osteopaths in the field who represent themselves as hailing from the American School of Osteopathy, who were never within the walls of the college or spent a day in its classes. Some of them even use the JOURNAL when then they can procure copies, to introduce themselves in the communities which they visit. A publication of the list of actual graduates of the school will neutralize this species of deception, pretty effectually.

THERE has been an unprecedented demand for the February, March and April issues of this journal. Although two thousand extra copies of the April number were printed the supply was rapidly exhausted. We cannot undertake to supply any more copies of the months mentioned however much we might desire to do so. We make another big increase in the number printed this month and will fill all orders promptly in the order in which they are received. The June issue will be the largest single edition of any periodical ever sent out from Kirksville. It consists of not less than Fifty Thousand copies, and will go to every state and territory of the Union. Advertisers desirous of reaching a large circle of intelligent and progressive people should make a note of this fact and place their orders for space promptly.

FRIENDS of Osteopathy everywhere will no doubt read the account of the late contest in the Iowa legislature which appears in this issue, with great interest. That the victory was on the side of Osteopathy is doubly gratifying in view of the adverse leg-

islation secured by the regulars at the preceding session of the legislature, and the bitter opposition with which they fought the new law. Iowa is the fifth grand commonwealth to array herself on the side of the new science and to recognize its regularly authorized graduates. Missouri, Vermont, Michigan and North Dakota, and last but not least Iowa, have set the pace and henceforth the battle for recognition in other states will be greatly helped by their example. Within another year or two probably half a score more states will have been added to the list of those where Osteopathic graduates may practice their humane and benign mission of healing the sick without the use of drugs, or the knife, without being treated as criminals and law-breakers.

#### ED. B. MORRIS, D. O.

DR. ED. B. MORRIS has just gone to Ottumwa, Iowa, to engage in the practice of Osteopathy. Dr. Morris is a native of Adair county, Missouri, and his parents being long friends of Dr. A. T. Still, the doctor may be said to have grown up an Osteopath.



He entered the American School of Osteopathy, and was one among the best students in his class and since graduating has been a successful operator. He was a staff opera-



tor at the A. T. Still Infirmary after his graduation, and in 1897, went to Fargo, North Dakota, and for several months, was the general manager of the North Western Institute of Osteopathy in that city. He returned to Kirksville about the first of the present year and since that time, until after the passage of the bill legalizing Osteopathy, he was one of the staff operators at the A. T. Still Infirmary.

Dr. Morris is one of the most careful students of Osteopathy, and one of the best operators in the country. The citizens of Ottumwa may regard themselves as lucky in securing such an accomplished gentleman and such an able Osteopath.

### DR. EMENY ARRESTED.

H. W. Emeny, D. O., of Magnolia, Miss. is the latest target for prosecution at the hands of the M. Ds. A special to the Memphis Commercial Appeal, from Jackson, Miss., under date of April 11th, says:

The State Board of Health is eternally after the scalp of one Dr. Emeny, who practices medicine at Magnolia, Miss., according to the most strict sect of the Osteopaths. About eight months ago Dr. Emeny showed up in those parts, took a nice office and wrought many wonderful cures, according to pilgrims who came from that place. Osteopathy is something of a new thing in Mississippi, though the question has come up in many different States before the courts. The story of the works of this thaumaturgist gradually came to the knowledge of the health authorities of the state and they were filled with exceeding horror. This iconoclast used neither lancet nor cupping; he held calomel in disdain and had been openly heard to say that antikamnia and seidlitz powders were greivous fakes. It goes without saying that such blasphemies against the gentle art practiced by St. Luke and Aesculapius, called for an immediate and summary check. As an additional annoyance, this osteopathist, since his sojourn in Magnolia, has been garnering in the shekles of the just with much alacrity, and at the same time he has under his treatment a no less distinguished man than Judge Campbell of Jackson, who went down there about a week ago.

Messrs. Govan & Quin of McComb City, have been retained to prosecute this new healer and tomorrow the ease comes up

before the justice of the peace at Magnolia. It will of course go through all the courts until the Supreme Court decides upon it finally. It is claimed that Emeny is practicing medicine and should be forced to stand the examination before the State Board. After that, if he chooses to dose his patients with iecac and green lizards, it will be all right and in due form. The decision will be awaited with interest, particularly by some of those in Pike county who claimed to have been healed of greivous distempers by the thaumaturgist in question.

Under date of the 13th, the same correspondent speaking of the trial says:

Messrs. Govan & Quin of McComb City, represented the State Board of Health, and Messrs. Price & Norwood of Magnolia, ex-Supreme Judge Thomas Stockdale and others championed Emeny, the Osteopathist. All day the combat raged, and towards evening Squire Nettles fined the healer in the sum of \$25 and costs. The ladies, bless 'em, were out in full force to terrorize the attorneys and intimidate the court in the interest of the Osteopathist in question. They were moved to this because he has wrought many wonderful cures among the sex. Sick headache has fled before his approach, and that tired feeling will dodge around a couple of blocks to escape meeting the pseudo-doctor. The case was appealed to the Circuit Court, and if it is finally sustained in the court of last resort, it will stand on record that no Mississippian shall be poisoned except in the correct way. If he will seek medical aid, it shall be orthodox, cupping, bleeding and purging and other methods whose fatality have been demonstrated by long practice. Judge J. A. P. Campbell of Jackson, sat by Dr. Emeny during the course of the trial.

### BACK NUMBERS WANTED.

THE JOURNAL files are short on the following numbers: January, February, March, April and May, 1895; April and December, 1896; May and July, 1897.

Friends who will send to this office any of the above numbers will receive credit upon the JOURNAL subscription books at the rate of ten cents for each number. This credit may be applied as desired by the party sending the numbers, either upon his own subscription or upon subscriptions of others. The JOURNAL will also consider it a great favor if friends will kindly look among their old papers and forward any of these numbers to this office at once.



THE placing of human life in the hands of competent operators is a question which perplexed the minds of medical men for a number of years. Various methods of reform were suggested, until finally by a concentration of forces, legislation was obtained in every state prescribing what constituted the practice of medicine as well as who should be considered eligible to practice the art of healing in all its branches. These steps were taken when healing disease, or treating or operating upon the human body for any infirmity, or bodily injury whatsoever, was distinctly considered to be the practice of medicine; The advent of Osteopathy has led the thinking world so far beyond the limitations of the word "medicine" that it has been found necessary in many cases to require the assistance of a court of law to determine the true meaning of this magic word, "medicine" and what specifically constitutes its practice. In the case of Osteopathy, the scales of Justice were hard to balance—that is when adjusted by the medical profession, and so the offender was arrested, prosecuted, persecuted and harassed and finally allowed to practice, under the sweet assurance that he would at any time be liable to another shaking up in the hopper of litigation. And so the flag of Osteopathy continued to flutter and be torn in this breeze of medical indignation, until the good people of five different states came forth and said, "If doubting be to doubt, we doubt," and so the bars of defiance were removed, and Osteopathy given its freedom. And now that we have our freedom, how shall we use it? Who will answer this question?

The eyes of the world are now upon us—the eyes of the laity and medical world. Our growth has been encouraged step by step by the former, fought inch by inch by the latter! Our every movement is noticed day by day. I do not mean strictly speaking, those who have graduated from the American School of Osteopathy, but all those from other schools, wherein the course of study covers the twenty months required by law. But what of those who have not complied with this section of our law. From day to day we have seen individuals calling themselves Osteopaths, springing up in different parts of the country claiming to have passed all the chairs in Osteopathy and the various branches required before the science can be practiced intelligently. They even claim to have graduated from our school or to have studied under our graduates, and by their practice are imposing upon the credulity of the people, breaking the very law for which we fought so hard and injuring in many ways the good name of Osteopathy. The very question which was perplexing the minds of the medical profession and caused them to pass laws for the protection of their practice, now comes home to us. How shall we solve it? Simply because we are legalized practitioners of Osteopathy shall we stand idly aside and allow them to tear down that which we have taken so much pride in building up. We must not suppose that we are the only ones laughing at their efforts; If you have a little care dear reader, and look about you, you will find the medical profession laughing with us—a deep, long drawn, sarcastic sneer. It is the very clue upon which our enemies would work to trace out what they would undoubtedly endeavor to prove—quackery in Osteopathy.

Since the passage of our law in the state of Iowa, the State Board of Medical Registration and Examination have taken upon their shoulders the responsibility of seeing that every Osteopath who desires to practice in the State, shall be registered. The steps they have taken are severe, but commendable. It is an assurance of a rigid enforcement of the law. Let the American Association for the Advancement of Osteopathy consider some of these points.

EUGENE HOLT EASTMAN, D. O.



## Letters From Graduates.

O. B. Prickett, D. O., Helena, Montana.

Dr. O. B. Prickett, who graduated in February, and is at present in Kirksville, hands us the following testimonials of his work done last summer at the Helena, Montana, Osteopathic Infirmary during vacation:

DR. O. B. PRICKETT.—Having learned that you are about to start out in the great and grave cause of Osteopathy, I feel it my duty to let others whom are afflicted know what it did for me. I have been a sufferer for over fifteen years and was treated by some of the most skilled Allopathic and Homeopathic physicians that could be secured, but could get no permanent relief. I was treated for various diseases, such as catarrh of the stomach, and I would like to try another months treatment from you. Mrs. Merritt and family are enjoying very good health. I am getting along as well as can be expected, considering the heavy work which I have accomplished since I last seen you.

L. G. MERRITT.

Helena, Montana, Apr. 12, '98.

DEAR SIR:—For ten years I had a bad case of bladder and kidney trouble, and I spent a good deal of money trying to obtain a cure, but failed until Dr. Prickett came to Helena. I placed my case in his hands and I am thankful to-day he thoroughly cured me. In my opinion Osteopathy is the only sure and safe treatment there is for the human family. Wishing you every success against disease and prejudice. You can use my name in print or any other way that will tend to do suffering humanity good.

Respectfully yours,

GEO. BRACKWOOD.

837 9 Ave., Helena, Montana.

A. Still Craig, D. O., Rock Rapids, Iowa.

Dr. A. Still Craig, of the Iowa Osteopathic Institute, recently established at Rock Rapids, Iowa, writes:

Since leaving my alma mater I enjoyed some fourteen months successful and steady practice at Clinton, Mo., which I left for the purpose of doing more dissection and of per-

fecting my life size representations of my complete series of horizontal sections of the body, which were described at some length in the November JOURNAL. These are not yet on the market but we hope they will be before many months have passed.

On account of the stringent and unpromising law we have been repeatedly arrested, and every effort was made to drive us out of the state, but so great was the confidence of the people of the community, inspired by the actual results which they have seen accomplished in their midst, that they rallied to our standard, and the enemy though seemingly possessing every advantage, found themselves powerless. Our next step was to join our forces with Dr. Hildreth at Des Moines, and though the Osteopaths in the state were few, we were again victorious, and may now practice under the law.

We cite a couple of cases treated simultaneously. One a Mr. Wolka, condemned by his physicians to die with cancer of the stomach and various other maladies, and who had almost entirely lost hope, gained fifteen pounds in three weeks, and found himself able to do a good day's work; the other, a Mr. S. Shively, burdened with flesh and the consequent heart trouble, difficult breathing, etc., lost thirteen pounds in the same time, while the other troubles disappeared proportionately. Many cases of complete cure might be given, but these illustrate the flesh controlling power of Osteopathy.

We have been very much interested in the question of removing flesh of late, and have succeeded quite well in some cases, but when the flesh seems natural and acquired through long years, we consider our ability very doubtful.

A. STILL CRAIG, D. O.

R. M. Buckmaster, D. O., Moncton, New Brunswick.

I take this the first opportunity to ask Dr. "A. T. Still" (that grand man who has given to the world a science that is rapidly proving itself to be the greatest boon to humanity that has ever been given to man from the mind of man,) to accept the tribute of gratitude I bring in acknowledgement of the receipt of his Autobiography. As I peruse its



pages I am filled with admiration for the depth and originality of thought expressed in its every word and sentence.

I have not the time to give you a description of this beautiful country, of rocks and rills and wooded hills, deep ravines and rippling streams; nor of the ruggedness of the road over which Osteopathy has traveled since we landed in this dominion, but as soon as the banner of Osteopathy was unfurled the medical profession declared war on the science, and the fight has been on from the 23d of October until about the first of March, and the present armistice will end, when Provincial Parliament meets again. Though misrepresentation and falsehood on the part of some of the M. D's our Osteopathy bill was defeated by a few votes at the last assembly of the House, but we intend to keep the banner of Osteopathy waving until we obtain the legal recognition to which the science is entitled.

One among the many interesting cases which we have treated, is that of a child eight months old, belonging to Mr. and Mrs. E. McAnn of this city. It was taken suddenly with congestion of the lungs, and during twelve days while under treatment from a prominent drug doctor of this city, the child grew rapidly worse until it was given up to die, and then the parents sent for me, and the first treatment reduced the extremely high temperature, relieved the engorgement of the lungs, opened the bowels, corrected the sluggish circulation, and in a week's time from date of first treatment the child was well.

Another case is that of a Mrs. Dalton, who came to us April 15th, with a very "lame shoulder." She said the drug doctor had treated her without success, and informed her that she could not be cured. On examination I found the shoulder joint disarticulated muscles of the joint very sore. I gave it a dose of Osteopathy; when she returned on the 18th inst., she walked into the office took us by the hand and while tears of joy and gratitude trickled down her cheeks she was thanking God and praising Osteopathy for having restored to her the use of her arm.

R. M. BUCKMASTER, D. O.  
Moncton, April 20, 1898.

W. J. Conner, D. O., Phoenix, Arizona.

Under date of April 15th, Dr. Conner writes from Phoenix, Arizona, where he has been spending the winter:

While I have been here I have practiced my profession, and to my delight my success has been entirely satisfactory.

Among the many cases treated I will mention a few.

One case in particular, and I have two

more like it, it is a case of paralysis, very unlike any I ever saw; and which I am sorry to say is very common here, owing to the fact that it is peculiar to miners and prospectors. I shall call it miner's paralysis. The first case I began to treat was Mr. B., who began to lose the use of all the voluntary muscles about six years ago, which condition gradually became worse and worse, until he became almost helpless and seemed it would be only a short time until he would be ready to prospect in a different county. I was called to see him two months ago and I found him as above stated. Now he stands on his feet, his eyes which were crossed and nearly blind can now be used to read about the Cuban war prospects; his hands which could hardly feed himself now write; his bowels and kidneys which were paralyzed now act perfectly and he is perfectly satisfied that in a short time he will be able to walk about as other people do. The other cases are doing nicely also but I have not treated them quite so long.

The abnormal condition which I found was all in the neck. It seems to me that from constant looking down at their feet for gold has slipped the head forward on the atlas causing the cord to be compressed.

There is another very severe condition in this country known as sheep herders' insanity which I am sure could be very easily overcome by Osteopathy if it were only given a little study.

A Mrs. H. had been troubled with rheumatism in the knees. I corrected a slip in the spine in the lumbar region and the knees straightened out all right. Now she walks where she pleases, something she has not done before for eight years.

A Mr. G. was partially paralyzed in the lower limbs. He was cured by correcting an abnormality at the sixth dorsal.

A Mr. C. cured of a lame back of twenty years standing, by two treatments.

W. J. CONNER, D. O.

The above names will be furnished to any one on application.

J. A. Boyles, D. O., Bloomington, Ill.

Since our last letter we have had some exceptionally notable cases. Among them was a little boy, whose limb was all drawn up, making it necessary for him to walk on his toe and with crutches. The doctors had pronounced it rheumatism, and as a last resort were going to swing a heavy weight to keep it from drawing up so badly. He suffered intensely with it. His father, having heard of Osteopathy through an ex-patient, brought in the boy for me to examine. I found the trouble in the spine and hip, and went to work on the same. After the second treatment all pain ceased, and after the



fourth treatment he could walk as flat footed and well as any one. At the end of the month I discharged him cured.

— We are very much pleased to know that the great state of Iowa has joined our ranks.

Fraternally yours,

J. A. BOYLES, D. O.

305 N. East St., Bloomington, Ill.

J. H. Sullivan, D. O., Chicago, Ill.

Among many cases the past month of note was a case of milk leg of fully a year's standing. All the regular methods had been employed without avail, had not worn a shoe buttoned for twelve months. I treated the lady twice and she is practically well. She had turned the hip and injured the region of the third lumbar vertebra.

Had a case of constipation of some years standing. The gentleman had used laxatives for the past three years; could not have action without. I treated the case three times, and for the past month he has regular action twice in twenty-four hours every day. The party is one of Chicago's leading business men.

Have several cases of Dysmenorrhea and the ladies are shouting the wonders of Osteopathy, or rather (not shouting) but telling their fellow sufferers. My work here is all I could wish for; in fact, I am limiting my practice. Osteopathy is moving onward and upward which it must surely do. Iowa has set an example for Illinois. I hope Dr. Hildreth will come over to Illinois soon. We need him.

J. H. SULLIVAN.

G. W. Tull, D. O., Honolulu, Hawaii.

Under date of March 26th, Dr. Tull writes:

I was made happy some weeks since by the receipt of a number, each, of the JOURNAL OF OSTEOPATHY for the months of December, January and February, about all of which I have distributed to the best advantage. These issues are excellent for their wealth in information and the high standard of the articles on the different subjects they contain.

I came here to practice in the family of the Atherton's but, of course, expected to do some practice outside. I found on my arrival that the medical law was iron-clad, and that "no Osteopath need apply," for license or favor, and was given to understand in no uncertain terms that I could not practice Osteopathy except as prescribed by one of its regular licensed M. D's of the Islands. Hence I have been handicapped so far in getting patients outside of the Atherton family. I must not forget to mention the courteous treatment Osteopathy has received through its humble representative here, at

the hands of Doctors Day and Andrews, both of whom have sent me patients. In so doing I do not apprehend by this, that they believe in the theory of the science, but they are both liberal minded gentlemen, and commend the treatment, much as any physician would massage. But I trust that we have been able to demonstrate to them that there is more in the science of Osteopathy than they really thought. I will only give one instance, of a young lady, who in mounting her wheel, bruised the muscles of the posterior thigh below the "great trochanter" on the nose of bike saddle, and she was in bed four weeks, and was ordered by her physician to keep perfectly quiet, and one doctor told her if she was his patient, he would at once put her in a plaster cast, fortunately for her she was not his patient. When I first saw her she was using crutches. After the first Osteopathic treatment the crutches were laid aside, and it was only a few days until she walked as well as ever. Osteopathic diagnosis: *Acute Sciatica*, caused by bruise of muscles and sciatic nerve.

I have strong hopes that the friends of Osteopathy here will make some provision for giving a license to practice. It would be a delightful place for a good Osteopath to spend the winters, with pleasure and profit to himself. I will state for the information of the many Kirksville friends of Miss Cora McDonald, that she has captured the "Literati" of Honolulu, by her lectures on "English Literature" and has a large class, besides many private pupils. Soon after her arrival home she was greatly troubled with asthma, which I am pleased to say has completely disappeared under Osteopathic treatment, and she is very much gratified with the results.

Mrs. Tull sailed for home on the "S. S. Zealandia," on Thursday last, (March 24,) and I am quite lonely.—I will follow however, about May 26th.

Fraternally yours,

G. W. TULL, D. O.

Horton F. Underwood, D. O., New York City.

It has been some time since I have prepared a letter for publication, but a great press of business has rendered it impossible for me to find time to do so. However, by the end of the first week in April, Miss Evelyn K. Underwood, who has just graduated from the American School of Osteopathy, will be here in New York with me, and I shall doubtless not be so rushed. Miss Underwood arrives upon the 9th of April, and will then take charge of the greater number of my lady patients.

I should like to report a number of cases, but shall content myself with but one for this time. It is that of a Mr. O., of Newark,



New Jersey, who came to me in January. For ten years he had been troubled with intense pain in the left side, extending also to the abdomen. This was most marked at night, causing great loss of sleep, but had also experienced of late during the day. He had consulted a number of the best Newark and New York physicians, but without relief. They had diagnosed his case as intercostal neuralgia, gastric neuralgia, rheumatism, catarrh of the stomach, etc. I located the trouble as a dislocation of the 8th rib. This was replaced, and the symptoms have now all disappeared.

HORTON FAY UNDERWOOD, D. O.

#### Mollie Baldwin, D. O., Waco, Texas.

You never appreciate the JOURNAL till you are too far to know its contents until it comes.

We are making friends for Osteopathy. I took off a severe attack of neuralgia for a lady who thought she knew about Osteopathy, but she "did not know how to appreciate it until I gave her such wonderful relief."

One case of painful menstruation (patient would "faint" and fall, cramps, etc.,) was all right the first time in two years after two week's treatment. The seventh and eleventh dorsal affected particularly.

In a case of epilepsy of some standing, and such violence as to have left scars where patient unconsciously tore her flesh. I have the satisfaction of seeing her look in vain for an attack for over five weeks, though she has so fully determined to be incurable that she dare hardly hope yet. Noted specialists told her they could give only temporary relief and were not doing that. Again the seventh and eleventh dorsal and upper cervical were involved.

MOLLIE BALDWIN, D. O.

828 Austin St., Waco, Texas.

#### W. E. Greene, D. O., Glens Falls, N. Y.

I am very nicely situated here and am starting out very well. This is a nice little city of fifteen thousand inhabitants, situated on the Hudson river, seventy-five miles from New York City and about sixty miles from Albany, the state capital. I like the people here very much and think I shall be able to unfurl the banner of Osteopathy so that it shall be seen and known by men.

W. E. GREENE, D. O.

#### SOME DEFERRED CORRESPONDENCE.

The following letters were unavoidably omitted from our April issue for which they were written. They are from Dr. Wm. Hartford, who was located at that time at

Ogden, Utah. Dr. Hartford has since located at Champaign, Ill. In his letter transmitting the following certificates, Dr. Hartford says: "I send you letters from two of my patients. The letter from the young man is worthy of note. I have seen no similar cases reported. I refer to the terrible habit of cigarette smoking. When I took the case I could give him no encouragement, but Osteopathy surprised me again as you see from his statement:

Dear Sir:—Much pleasure is afforded me by informing you, and all who are interested in your profession, that I have benefitted to such an extent, by means of your treatment during a period of only six weeks, that I am fairly astonished at the change for the better in my physical condition. For about eight years I have suffered from nervous prostration, constantly under a doctor's care, I have been advised by some of the best doctors in the profession, but without any material benefit. Since treating with you I have lost all desire for cigarette smoking—a desire which I have indulged for more than twelve years. I cannot help expressing the fact that I think Osteopathy, as I have experienced it, is an invaluable boon to the afflicted.

Very Sincerely Yours,

CARL KUHN.

"I deem it my duty to let the world know the facts of my mother's treatment by Dr. William Hartford, the Osteopath recently located at Ogden Utah. The history of my mother's ailment commenced just after recovering from an attack of Typhoid fever. An examination by different physicians and surgeons, resulting in a diagnosis of "Gall Stones," which they all claimed could be removed only by an operation. My mother believing she was too feeble to undergo an operation, owing to her age which is sixty-two years, declined to permit an operation. Hearing of Dr. Wm. Hartford and this new science of Osteopathy, I consented to give Dr. Hartford a trial. After twenty-five day's treatment of my mother, the obstruction in the gall duct—a large gall stone—was passed without the use of knife or medicine. I cannot too highly commend this science to suffering humanity. My mother since the removal of the gall stones is constantly improving. She was almost at death's door and suffering great pain and to Dr. Hartford I attribute her complete recovery. \* \* \*

JOSEPH HOLLAND,

Ogden Utah.

#### Osteopathy in Florida.

EDITOR JOURNAL OF OSTEOPATHY:—  
Knowing Osteopathy to be so well repre-



sented in St. Augustine by the Drs. Patterson, and that the climate here was so very desirable, I brought my sick child here to them for treatment. She is now in perfect health and has gained seven pounds in weight since we arrived on Feb'y 10th.

I mention her incidentally for we expect children to recover. I write to cite the very wonderful cure of a lady seventy years old, Mrs. Cornelius Battelle, of Washington D. C.

I met her on the first day of my arrival at St. Augustine, and she excited my sympathy, being so emaciated and hobbling around on a staff. I was very glad indeed when I found that she was under Osteopathic treatment. Today, about five weeks later, she gave me some of the particulars in regard to her case and gave me permission to write this letter about it. She fell on the ice five years ago; physicians were called and pronounced the injury very slight. They treated her for several weeks without any improvement. A local surgeon was called, who pronounced her injury an "complicated fracture of the neck of the femur," and gave her little or no hope of ever being able to walk. She then called a very celebrated surgeon of New York City, who concurred in the opinion that it was a fracture, and treated her for it with practically no benefit, or hope of help. She became resigned to her fate, expecting never to be able to walk again. By this time her injured limb was about three inches shorter than the other.

But she could not lie still in bed; so she gradually worked up strength to be moved to a chair; then to move herself around in it; then to bear a little weight on her limb, then to get around with crutches, and finally so she could go with a staff, having a three inch extension on the heel of the shoe on that foot and getting around with extreme difficulty.

Drs. Patterson pronounced it on first examination, to be nothing but a dislocation, and treated it accordingly. She gained in flesh and vigor from the first few treatments, and strange to say she has practically grown a new leg in size and strength; from mere skin and bones it has grown to quite its normal size in the short space of five weeks time, and the extension of the shoe was gradually cut off as the hip was loosened and brought down. Drs. Patterson say they never have in all their observation, seen a case in which the development was so rapid. The hip was ready for setting long before they were expecting it would be, and Mrs. Battelle did not know when it was done. As would be expected, Mrs. Battelle is very enthusiastic over Osteopathy.

Many other remarkable cases of Drs. Patterson's have come under my observation, but none so wonderful in my estimation as this one. They are meeting with some opposition from the medical men, but no par-

ticular trouble has developed as yet. The people receive them with open arms.

You remember when christianity was being introduced and the Pagan godswere losing ground, who but the silversmiths formed a procession with banners and shouts of "Great is Diana of Ephesus."

MARTHENA COCKRILL,  
St. Augustine, Fla., March 18, '98.

## SCHOOL AND INFIRMARY NOTES.

Wm. Smiley D. O., has located at Albany, New York recently.

Dr. G. W. Tull is expected home from a winter's sojourn in Honolulu.

Wm. Hartford, D. O., recently of Ogden, Utah, has located at Champaign, Ill.

C. W. Mathews, D. O. has opened an office at Bowling Green and New London, Missouri.

U. M. Hibbetts, D. O. is meeting with gratifying success at Brooklyn, Iowa.

J. A. Boyles, D. O., of Bloomington, Ill., will spend the summer season at Petoskey, Michigan.

E. E. Beeman, D. O., one of the graduates of the May class has located permanently at Montpelier, Vermont.

Mollie Baldwin, D. O., located at Waco Texas, writes that her practice increases as fast as the people learn about it.

The Emporia Gazette, of Emporia, Kansas, speaks in very flattering terms of the success of C. O. Hook, D. O. and Agnes V. Landes, D. O., recently located there.

A. D. Campbell, D. O. and his sister, Mrs. Nettie C. Turner of the class which graduated in February have formed a partnership and report a fine practice at Pawnee City, Nebraska. Card will appear in the next issue.

We print elsewhere the card of Drs. J. H. Henderson and D. B. Macauley who have formed a partnership in St. Paul, Minn., in the practice of Osteopathy. The JOURNAL wishes well to these gentlemen and predicts for them success. Dr. Henderson graduated from the American School of Osteopathy in 1895 and was for nearly two years thereafter a member of the faculty and one of the corps of regular operators of the Infirmary at Kirksville. He has been established for some months in St. Paul and his practice has grown to such an extent that the partnership arrangement became a necessity. Dr. Macauley is President of the American Association for the Advancement of Osteopathy; he is also a graduate of the American School of Osteopathy.



# THE OSTEOPATH.

A NOVEL.

BY JOHN R. MUSICK.

AUTHOR OF "COLUMBIAN HISTORICAL NOVELS," "HAWAII," "HISTORICAL  
STORIES OF MISSOURI," ETC., ETC., ETC.

## SYNOPSIS.

Horace Crandall, a young man living near Gumptionville had been to the A. T. Still Infirmary at Kirksville for treatment for a disease which had been pronounced incurable by the medical profession. Having been cured he was so favorably impressed with the newly discovered science that he determined to study it. He was opposed and ridiculed by the medical profession which called it a humbug. They organized the Gumption County Medical Society to make a special war against Osteopathy. The secretary of this society was Dr. Grimshaw a mysterious man who was in love with Mae Burton, an estimable young lady to whom Horace was betrothed. On the day of the organization of the Gumption County Medical Society a tramp doctor came to the office of Dr. Grimshaw who had been a former class-mate at the college where Grimshaw had graduated. Grimshaw informed him that Crandall had sold a farm and on the 27th of the following month was to receive the money for it. With this money he was to attend the American School of Osteopathy. Without the money he would be unable to go. The tramp who has three companions in whom he can trust takes the hint and after some mysterious hints takes his departure.

Gumptionville has a meddlesome old lady named Aunt Rachel Mendelcrust who circulates the story given rise to by Dr. Æsculapius Bugg that Horace is demented and not wholly cured as he represents himself to be by Dr. Still. Osteopathy has one firm friend in Tim Smith, who is also a friend of Horace Crandal. Tim while at work in the field one day is met by the tramp-doctor, who was treated at the A. T. Still Infirmary and cured. In this conversation, Tim has his suspicions aroused. The tramp makes careful inquiries about Horace Crandal, his intentions for the future, and of the neighborhood generally. At the conclusion of chapter IV, the tramp-doctor sets out to find his companions to have them in readiness by the 27th. At this point we take up the thread of the story.

On the fatal twenty-seventh of the month, Horace Crandal went to collect the money from John Mitchell in order to enter college. Dr. Grimshaw went that day with Mitchell and kept him from home until almost night. When Horace received his money, he started home, halting awhile at the Widow Burton's. It was quite late when he left his sweetheart, Mae Burton, and mounting his horse started for home. At the bridge he was attacked by foot-pads and after a brave resistance knocked senseless.

## CHAPTER VII.

### HALF DREAM, HALF REALITY.

TO WAKE from a horrible dream, to yet be unconscious, to feel in a vague uncertain way that one exists, and yet not know that what one sees is real; to feel all the horrors of nightmare, and the dread of realities; to suffer excruciating pain, and at the same time be dazed and in doubt of where one is; is to endure an agony indescribable.

His head was bloody, his clothes were torn and soiled. The moon was not shining, and he was conscious of a chilling rain falling which seemed to pierce him to the bone.

Sometimes it seemed that for hours he would be wholly unconscious to awake in a different place, yet he never knew what place it was. His head ached, he ached all over. Every organ of thought was bruised and sore, and he could not begin to reason what had happened. As thought was painful, he did not try to think.



In one of those semi-conscious intervals, he stumbled into a small stream of dirty water and fell. He was so feeble that he nearly drowned before he could crawl out. But at last he caught hold of something and pulled himself out, all wet, muddy, cold and miserable.

He had no recollection of what had happened. He did not know who he was, nor could he have told his name, when or where he had ever lived. He felt an instinctive desire to go, to get away from some awful danger, but it was all so dreamy, so misty, so vague, he was unable to put anything together, or draw a conclusion.

When he reached one of those half rational periods he was conscious of having a companion with him. Where he had found the companion or the companion found him, he did not know, nor did he attempt to enquire. He was suffering such intense agony with his neck that he was groaning, when he heard a voice say:

"Wall young feller, yer in purty hard luck."

That was all, for in a moment everything was a blank, and he was again in total darkness, mud, rain and water. He seemed to be partially conscious of wading a long distance in a muddy road. Once he thought he heard a dog bark, but those impressions were all so vague, so indistinct that they dwelt in the memory only as a fleeting dream to be dispelled by the sunlight of consciousness.

The sights, the sounds, the goblins, the demons that flashed before his eyes at indistinct periods when that horrible pain was almost unendurable, are beyond description. They seemed to come to taunt him, to laugh at his misery, to provoke him into reviling, and add to his torture.

One great horrid goblin with a sharp nose and face and form of satan, sat astride his neck, and bore on him so heavily that he suffered the keenest agony. In vain he strove to shake him off, but he clutched at his spinal column with fingers of iron which would not be shaken loose, and he experienced the most fearful sensations from him.

Sometimes the pain was so acute that he cried out in his agony, and then the demons mocked him. All would end in a blank—in darkness so great the light of his memory was unable to penetrate.

Then he again awoke to semi-consciousness and found himself in a thicket. He had been beating the bushes, until his finger tips were torn and bleeding. Again he heard the voice of his strange companion saying:

"Brace up pard, brace up, we'll make it yit, yer in a bad way, but ye'll come out o' this, bet ye will."

"Where am I?" he asked feebly.

"In the brush."

"Who is it clutching the back of my neck?"

"No one as I see—I reckon it's yer imagination. Ye got hurt."

"How?"

"Spect yer hoss throwed ye."

"Don't let them come back. Don't."

"Who?"

"Those devils who come to torment me with their eyes of fire, and tongues of flame. Oh Heaven keep them away—keep them away!"

"Say, young feller, yer must hev the snakes in yer boots. I wish ye'd tell me whar ye lived, I'd take ye home."

Horace made a manly effort to recall who he was, or where he lived but to no purpose. All was again total mental darkness, with vivid flashes of awful fire. From the horizon right and left, from the zenith to far above the stellar worlds, there seemed to dart hurried flashes of fire, and the demons once more danced before his eyes, causing the most intense pain to his sight.

An imp who seemed to be a heavier weight than lead sat upon his shoulders and shrieked in his ears while his companions danced in the air before him, and mocked his torture. In vain he implored for some respite, one moment from that racking pain. He



endured the pain as long as he could, when even the wild fantasy faded from him, and all was a total blank.

His next impression was that he was half carried and half dragged along a muddy road. His feet occasionally splashed in the water. He was quite sure he heard a dog bark at some time during the night, which was the only natural sound he could distinctly recall. There was nothing connected with the bark of the dog to show where it was, or by which it could possibly be located. It simply came out from the back-ground of total mental darkness, and then relapsed into unconsciousness. How long he was in this state he never knew. It might have been hours, it might have been days, it might have been even months. He could not remember when in a semi-conscious state, what had occurred when in his wildest fantasy, nor in his wildest fantasy could he recall what had occurred in semi-consciousness. It was a continual annoyance to him, as well as pain. Oh, for one moment of rest, just a single moment of relief. The lost souls in Dante's *Inferno*, whose restless wanderings are throughout all eternity, whose horrible tortures are so great they tear and rend each other in their agony, did not exceed the suffering of the unfortunate Horace. Would day never dawn, would light never come upon his darkened mind. He struggled to free himself from the terrible incubus that seemed crushing out his life, but struggled in vain. He was still groping in darkness, going on slowly, yet going on. There was cold water and mud, and his suffering was increased by falling upon, and crawling over sharp cruel rocks, which cut and bruised his flesh unmercifully. He was ever ascending or descending. There was no light, no level or pleasant road. Torrents roared in his ears as they swept down the hills. At times he lay among the rocks with the water flowing partially over him, his breath almost choked by some demon's grasp from which he struggled to break away. At one moment he was burning with heat and at the next freezing with cold, suffering from a thousand agonies, tortured mentally and physically, always dying and yet never dead. Had he retained consciousness enough to reason, he would have prayed to die, but his only consciousness was of the most intense suffering from the most excruciating pain. He was sometimes conscious of groping through utter darkness, then stumbling and falling a great distance. These half lucid intervals were followed by blanks from which he could not afterward recall even the faintest recollection.

He heard a voice talking at his side. The man spoke in rough but kindly tones, and said something encouraging, but just what he said, and just what he did, was never very clear in his mind. Afterward he could only recall that his strange benefactor had remarked:

"It's an outrageous shame, so it is,—an' they'll sweat for it."

By a system of pulling, dragging, climbing, and stumbling, he at last reached what seemed to be the summit of that awful hill which he had, in his wild fancy, been trying all night to climb. At its summit he had supposed that ease and peace would be found, but the pain in his neck was still intense. No longer was he tormented with imps and devils, though the pain increased with the resuscitated nerves.

All was still darkness, but he plainly heard a voice at his side.

"Ye'll rest better here. I hed a devil's own time gittin' ye up to this place, but now't yer here, ye'll be better."

Where was he? He put out his hand, and felt fresh, clean straw, a soft warm bed, and they were free from the rain which he could still hear pattering on the shed and dripping from the eaves. He gradually grew warmer, and the pain which had at times been so intense he could scarce endure it, was partially lulled. His companion at his side seemed very considerate for his welfare.

"Don't ye be afeared I am goin' ter quit ye. That aint in me not a little bit. I am goin' ter stay by yer t' ther last."

"Who are you?" asked Horace in a curious dazed sort of a way.

"Bill."

"What's the matter Bill?"

"It's rainin' cats an' dogs an' blue devils."



"Why can't I see."

"Cos it's night."

"Will daylight never come?"

"Well, reckon it will some time; but you jist lay there nicely on the straw, an try to go to sleep."

"I can't sleep."

"Why?"

"I am in too much pain. Oh I suffer, I suffer."

"Guess you war purty bad hurt, warn't ye?"

"I don't know—I suppose I was."

"How did it happen?"

"I don't know."

Then Horace's companion placed his hand on the back of his head and said:

"You war hit with somethin' harder than a baby's fist. If it warnt a club or slang shot I'm miss in my guess."

He insisted on him lying down, and Horace finally did so.

He seemed temporarily easier, and being very weak closed his eyes.

"Now friend," said his rough companion, "I'm agoin' t' leave ye alone for awhile. I want ye to try to sleep ef ye kin. Days a breakin', it'll soon be light through its cloudy an rainin' yit. I'll hustle for grub, take ye some whar, whar they know ye, an' then hit the road a lick agin."

Horace grunted an assent and closed his eyes. A long period of drowsiness followed. Once he thought it must be daylight for he heard men riding at a gallop and dogs baying, but he was not quite certain. In fact what had that to do with his affairs, so he closed his eyes again. As the least effort on his part to move caused the most excruciating pain, he made very few efforts, but contented himself with lying as motionless as possible.

Again he was unconscious, but whether it was from sleep or a faint, he did not know. One thing was quite sure, he was growing weaker. As yet he did not know where he was nor even who he was. He really knew nothing, could not have told his own name or that he had ever lived, nor had he any recollection of parents or loved friends. He was like a child. His ideas were confused, and he was in a continual stupor. When he heard noises, he partially roused, but the sobbing rain seemed to lull him to a deeper repose and he went to sleep again, or became oblivious to all surroundings.

When he again knew anything, he heard the voice of his former companion at his side saying:

"Well now young feller, you must come out, we gotter be goin'."

"Where?" asked Horace.

"I dont know where; ye can't stay here in this straw stack always, ef ye do ye'll die. I gotter git ye some whar. Don't dare go leadin' ye up myself or I'd be arrested for doin' it. Can't ye tell me yer name?"

"I don't know," he answered after a few moments painful thought.

"Don't know, well great guns, ef ye don't know, I'd like to know who does. Come on anyhow, an' we'll go some 'ars."

He took hold of the wounded man, and half dragged him from the straw stack. Horace was so bruised and sore that he could not move without the most excruciating pain.

"Taint no use o' whinin' youngster, I tell ye we gotter git a move on us, so come an' lets be agoin'. Yer in a bad fix, an' I'm goin' t' take ye some 'ars an' skip. I'd like t' stay with ye an' see ye through, but I don't want t' go t' jail for suthin' I didn't hev no hand in at all."

Horace saw that it was night, and the stars shining. He did not really know whether it had ever been daylight. He stumbled along, sometimes so sick and faint he could scarce keep on his feet, but his inexorable companion insisted on his moving. They were going somewhere, but where, he had no idea.



While thus struggling manfully to keep up strength, even his blurred sensibilities deserted him, and all was again a blank.

Resuscitation came slowly, but was more complete than it had been since he received the blow. Again he was struggling to get on his hands and knees, climbing up a wall it seemed; but the wall became a fence, and when he had regained his feet, he found a gate which he opened and staggered into a yard, and toward a house.

He recognized the house for the moon was shining brightly. He saw a porch and climbing upon the steps reached the door. It was his own home, and in an instant he realized where he was and what had happened. Leaning against the door he groaned:

"My God has all this been a dream, or a horrid reality."

## CHAPTER VIII.

### INSANE.

All Gumption county was stirred to its utmost over the recent terrible event. Horace Crandal it was reported had been assailed by foot-pads, robbed of fifteen hundred dollars and nearly killed.

On the night of the twenty-seventh Horace's mother sat up late awaiting the return of her son, but he came not. She was very little uneasy for she supposed that some business matter detained him, and after sitting up until one or two o'clock, went to bed assuring herself that Horace would come next morning.

She arose early, prepared breakfast, and still he had not come. Then she went to the front gate, and to her alarm saw his horse with the saddle on his back, standing at the barn yard gate.

She called the farm hands and told them to hasten down the road and see if he was badly hurt. She at first hoped that the horse had been tied to the hitch rack and had broken away but the men on examining the saddle found the bridle over his neck. They had not been gone very long before one came back with his hat, which had been found on the bridge. There were evidences of a struggle, for there were drops of blood on the bridge.

The widow was almost frantic with alarm and grief.

"Oh my boy, my poor boy is murdered!" she cried wringing her hands in despair as she walked up and down in her room, tears streaming down her furrowed cheeks. The neighbors were soon notified that Horace was missing and began to gather, to join in the hunt for the body, and offer consolation to the bereaved mother. A courier was dispatched to Gumptionville to gain what information he could. There had been a shower during the latter part of the night before, and the foot prints were washed away. The crimson specks on the bridge supposed to be blood drops, were partially protected by the rail, so were not washed out. There were a thousand conflicting theories of the missing man. Some thought he had committed suicide, others that he had been murdered, and the body concealed. Others believed his horse had thrown him and dragged him into the wood by the stirrup.

Aunt Rachel Mendelcrust seemed to have solved the whole question. She was quite certain he had suddenly gone insane, and wandered away into the forest. Perhaps even at that moment he was dying of starvation or a "wanderin' vagabond." She had noticed for some time that "Horace warnt right," a fact which she had called to Dr. Grimshaw's attention more than once. For that matter she had called the attention of nearly all her neighbors to "the quare goin's on of Horace." "He would'nt a talked back to Dr. Bugg, as he did 'f he'd a bin all right."

The whole town and half the county, turned out to search for Horace, for notwithstanding he was "a little rattled" on the subject of the new science, he was very popular. "No body could say anything bad agin Horace," declared Smith.

Tim Smith had a sort of a theory of his own, but Tim was shrewd enough to keep his theories to himself, and joined in the search, determined to find the missing youth if possible.



The day was spent in searching, but all in vain.

Equally as frantic with grief and alarm as the mother, was Mae Burton. She hastened to Mrs. Crandal's home and the two wept and prayed all day long, and late into the night while searching parties came and went in silence, and the gloomy cloud of despair began to settle over all.

At midnight Mae bade the widow a tearful adieu, and departed for the village, feeling as if the light and joy had gone out from her life forever. Tears, sobs and prayers were her only comfort.

The widow left alone, being worn out at last threw herself on her bed, and weary nature demanding repose she at last fell asleep. The searchers had retired for the night to begin anew their work with increased vigor on the morrow.

It was shortly after three in the morning when a noise on the front porch awoke the widow. There was a feeble step and a half smothered groan.

The mother was on her feet in a moment and hastily throwing open the door, the moonlight fell upon the pittance object of a man leaning against the side of the house. He was dirt begrimed, covered with straw, and his face deathly pale, yet in that wreck of noble manhood of only two days before, she recognized her son.

"Horace, Horace!" she cried seizing him in her arms.

"Mother, Mother!" is it you?" he asked. Then his strength gave way and he burst into tears. She quickly brought him in and asked:

"Oh my son, what is the matter?"

"I don't know," he answered in a half bewildered way. She drew up the arm chair asked him to sit in it, and began to wash and dress him, her mind haunted with the most wretched fears. Her face was twitching with agony and despite all her efforts, the tears would dim her eyes. Her beautiful son, the joy of her old heart a shattered wreck in a few short hours. What had wrought such an awful change?

She brought him some nourishment and he revived considerably.

"Now, Horace, tell me what has happened to you."

"I went to John Mitchel's," he answered "and got the money. He was away and I had to wait until nearly dark. It was late when I reached the bridge and three men attacked me. I knew no more until I found myself at home."

"And the money?"

"It is gone," he answered with sadness in his voice. "Mother I am ruined."

"No, no, my boy, don't say that. Many a person has been robbed, and recovered from it."

"Oh mother—I have such a pain in my head; I can scarce keep from screaming."

She roused the boy and sent him post haste to the village for Dr. Theocratus Snuffer. He also bore the news that Horace was home, but in a desperate condition. By the time the sun was peeping over the hill a buggy dashed up to the house, Mae Burton leaped out, and ran in to see her wounded lover. Dr. Snuffer came shortly after, and Dr. Esculapius, etc. Bugg followed him within a few moments.

Horace was washed and lying in bed when Mae came. She shed tears of joy at his return, spoke so cheerfully and hopefully at finding him that his spirits were sufficiently revived to smile. Then the doctors came, examined him and found a bruise on his cheek, one on his shoulder and two or three about the head, neck and spine, but there was nothing serious.

"This pain in the back of my head and neck,—doctor can't you relieve that?" asked Horace.

Dr. Snuffer looked at Dr. Bugg and Dr. Bugg looked at Dr. Snuffer. Then Dr. Snuffer ventured the belief that it would soon leave him, and Dr. Bugg said:

"I quite agree with you."

When asked about the full particulars of the attack, and where he had been since, Horace's account was not satisfactory, nor connected. He only had a dim visionary recol-



lection of climbing as it were a great mountain, of a muddy road, of streamlets, of being very cold, of some one talking with him, and of a straw stack.

Then Dr. Snuffer looked at Dr. Bugg and Dr. Bugg looked at Dr. Snuffer. Dr. Snuffer then ventured to say:

"This is very extraordinary," and Dr. Bugg said:

"I entirely agree with you."

"Can you do something to relieve this pain?" asked Horace. "Oh if I but had an Osteopath they would relieve me in a moment."

"How unprofessional that would be," declared Dr. Snuffer.

"Very," said Bugg.

"I will administer a quieting powder, and you will rest easy in a few moments." Then the doctors retired, and diagnosed and consulted, and discussed the extraordinary features of this extraordinary case, and finally decided to administer some morphine that the patient might sleep and let nature have an opportunity to restore the shattered system.

They did so and took their departure. As both were going the same way Dr. Bugg rode in Dr. Snuffer's buggy and let his horse follow behind. They thus had an opportunity to discuss the case on the way.

"I tell you Dr. Snuffer," said Dr. Aesculapius Moses Johnathan Wild Bugg, "I have long feared some such break down as this. His nervous system was too much shattered to endure this great shock."

"I am afraid my dear doctor that you are right."

"Dr. Grimshaw, whom I regard as one of the most learned men in the profession not a week ago informed me that he had read of a case which resulted as I fear this will."

"Dr. Grimshaw is a strange man."

"But a very deep one."

They now came upon Tim Smith going to the widow's to learn if the rumor that Horace had been found, was really true. Tim took his pipe out of his mouth and asked:

"Horace really been found?"

"Yes," Dr. Snuffer answered.

"How is he?"

"In a very bad fix."

"What seems the matter with him."

"He complains of his head but we can't find that he has been injured very much."

"What ye done with him?"

"Gave him some medicine, and put him to bed."

"Bet if them Osteopaths down at Kirksville had him, they'd fix him up agin in no time," said Tim.

"Tim if you don't stop that tongue of yours, it will lead you into the mad house or the jail," cried Bugg.

Tim grinned until he showed his teeth and said:

"Say dock, ye know he didn't die when ye said he would, maybe he wont this time."

"Who said he would? Drive on doctor, life is too short to waste in this manner." They drove on and left Tim grinning in the road.

Every effort possible was made to catch the robbers, but in vain. The sheriff in an adjoining county, had some blood hounds, which were brought on the scene and tried to track them, but failed.

For days the forest and all roads leading from the bridge, were searched but not a trace of the robbers could be found. No one had seen such men as Horace had described, and people began to shake their heads mysteriously. There was even a shadow of doubt thrown on the blood specks found on the bridge, as a man who had recently brought some barn paint from town, said he left the can on the bridge, while he went to see if he had a fish on his hook, below.

Some one had started the rumor that Horace had turned his horse loose on that night



himself, boarded the train and gone to the city about fifty miles away, to enjoy a high old spree and had squandered all his money. There were only a few who believed this. A man who was sent to the city to investigate the matter, returned with the information that a person answering Horace's description had been seen there, and he was shown a very suspicious house that enjoyed the reputation of a gambling den, where it was suspected he had lost considerable money.

All the while Horace was slowly recovering save the pain in his head, which was still almost unbearable, so that he was kept under the influence of opiates most of the time.

Nearly always at his side, faithful and true, was the noble girl who had promised to be his wife. She would neither believe nor listen to the stories that were told derogatory to his character, but insisted that he was really attacked and robbed.

One day she said to Dr. Snuffer:

"He wants to go to Kirksville,—that Dr. Still may cure him. He says he will never be free from this pain in his head until he is treated by an Osteopath."

"All flummy-diddle, my dear girl—it will not do for him to go anywhere now,"

"Why not doctor?"

"He is insane—I tell you he is insane; all that bugababoo of robbers on the bridge, is a hallucination."

"Oh doctor, doctor, can that be true?" she cried wringing her hands, tears streaming from her eyes.

"True? of course it is. Don't I know my business. Now Horace is a good boy and would not knowingly practice deception, but he is crazy. I will do all I can for him, but don't hope for too much my dear, don't hope for too much."

Poor Mae; the burden on her heart seemed greater than she could bear.

*(To be Continued.)*

"To each man's life there comes a time supreme—

One day, one night, one morning, or one noon;

One freighted hour, one moment opportune;

One rift, thro' which sublime fulfillments gleam;

One space when fate goes tiding with the stream;

One once, in balance, 'twixt too late too soon,

And ready for the passing instant's boon

To tip in favor the uncertain beam.

Ah, happy he, who, knowing how to wait,

Knows also how to watch and work and stand

On life's broad deck alert; and at the prow

To seize the passing instant, big with fate,

From opportunity's extended hand,

When the great clock of destiny strikes now."



difficulty. Usually the difficulty is due to one or both of the following causes: In the first place, many a student loses sight of the real point of the lesson as he gets deep into its intricacies; in the second place, he often fails to classify and link together the various points. Both of these defects may be remedied by meditation upon the lesson; by a conscious effort to connect point with point, thus carrying a continuity of thought through the entire lesson, binding it together as a whole. A little practice enables one thus to learn a lesson and to classify it in his mind with his whole knowledge of the subject. The student then becomes a thinker, in the laboratory he becomes an observer. Success is his. Carlyle says, "The world has to obey him who thinks and sees in the world."

The parrot like student who memorize merely, and repeats words without understanding them, will also become a failure. Emerson says; "Imitation is suicide." To correct his defect he must not learn the lesson in the words of the author, but must thoroughly study it and put it into his own words. Then he is sure to understand.

I have suggested a remedy for the habit of the bookish student, also for that of the laborious student who misdirects his energy. To the student of the third class, he who enters with a hurrah and soon subsides. I have only to say, in the words of Carlyle; "A man is not strong who takes convulsive fits, though six men cannot hold him. He that can walk under the heaviest load without staggering, he is the strong man."

The student who learns to study properly will always find time to devote to general culture. He should, if possible, reserve the evening, or, at least, its latter part for lighter reading, for his brain is now wearied and cannot undertake hard study, while the light reading relaxes the mind and disposes it to rest. Remember that he is going out as the representative of a learned profession, that he is therefore expected to be a gentleman of some culture, that his higher success will depend, in some degree, upon his culture and refinement. Certainly he must know what the world is thinking and doing, so that he may talk intelligently upon current events, hence he should read the magazines and periodicals. He must know something of history, biology, and standard fiction, that he may be thought an educated man, hence he must read books.

The habit of reading emancipates us from narrow views. It is an education. Carlyle says; "It depends on what we read, after all manner of professors have done their best for us. The true university of these days is a collection of books." While Lowell has this to say; "The better part of every man's education is that which he gets himself."

1. Exercise judiciously.
2. Study methodically, at the proper time and place.—"Plan your work."
3. Study broadly.
4. Classify the points learned.
5. "Brains, not thumbs."
6. Seek general culture.



## Woman's Department.

### THE CHOICE OF A PROFESSION FOR WOMEN.

NETTIE HUBBARD BOLES, D. O. DENVER, COLO.

IT HAS been well said, "A woman has wisely chosen her calling in life when her daily work is of a kind suited to excite her highest faculties and to produce the deepest and most lasting pleasures."

The day has come when it is as incumbent for a young woman to select her profession as it is for a young man—and the choice of one's life work is without doubt a momentous act. It has become nothing unusual for women to be distinguished in the various lines of professional work. By their special qualities of faithful persistence, patient endurance, and loyal devotion, added to intellectual gifts, women are well fitted for the duties of both physician and nurse. Upon the latter calling many have already entered as is shown by the number flocking to the different training schools for nurses, all over our country. The various medical colleges have women representatives in every state in the union—who honor the profession of their choice. But in Osteopathic work there is a large field for women which is still unoccupied.

According to Prof. Andrews, in a late number of the *Cosmopolitan*, some young people are repelled from the medical profession because of its alleged unscientific character. Such an one should investigate Osteopathy for here like surgery, "is a science indeed, whose progress in recent years is nothing less than astounding, as delectable to the scientific sense as it is benign, in view of the maladies which it heals."

In the study of Osteopathy as in any other professional pursuit it is most desirable to have a broad and solid foundation upon which to build. It is hardly possible to have too wide a basis for such a superstructure. Before entering upon this work every woman should consider well the advantages and disadvantages of such a calling—the hardships, rebuffs, and discouragements to be met, as well as the rewards and emoluments to be hoped for. If the Osteopathist is really fitted for the work "there will be a harmony in her life beyond price"—a thorough preparation with perseverance, persistence and unrelenting industry will surely gain the desired end. Being thoroughly qualified, patients will soon be glad to place themselves under a rational method of treating disease, being only too anxious to find something "to supplant those time honored but pernicious methods to which such hordes now yearly succumb."



Among the unpleasant features to be met by the young practitioner, is the fact, that Osteopathy like other good things has its counterfeits. And further—as noted by Dr. C. E. Still in a previous issue of the JOURNAL—“That occasionally an imposter has crept into the Osteopathic school, and has gone out to dishonor both Osteopathy and himself.”

The art of healing has ever been deemed a noble calling. It is not only sad but true that this profession more often perhaps than any other, has been debased by frauds and pretenders.

Yet after all is said, if there is a profession, which more safely than any other, can be recommended—one which is peculiarly adapted to women, which is fascinating, satisfactory, and directly beneficial to mankind, and not as yet overcrowded, it is Osteopathy.

Osteopathy is now but in its infancy, and probably no one living, not even the honored founder, Dr. A. T. Still, himself, has more than the faintest foregleam of the development which the future has in store for this young giant of the nineteenth century.

## ONE THOUSAND DOLLARS IN VALUE.

\$1000.00.	Offer of the Journal of Osteopathy of	\$1000.00.
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In order to encourage worthy young men and women who wish to obtain an Osteopathic education, the JOURNAL OF OSTEOPATHY has decided to give the following premium: To the person sending the largest number of cash annual subscribers at one dollar per year for the JOURNAL on or before January 1, 1899, we will give one scholarship to the American School of Osteopathy worth FIVE HUNDRED DOLLARS.

To the one sending the next largest list of annual subscribers we will give one half of a scholarship which is TWO HUNDRED AND FIFTY DOLLARS.

To the third and fourth contestants, or next two sending the largest list of annual subscribers, we will give each a quarter scholarship worth ONE HUNDRED AND TWENTY-FIVE DOLLARS.

The terms on which this offer is made are as follows: The contestants for the prize must send his or her name, and post office address to the editor of the JOURNAL OF OSTEOPATHY who will enter it on a book entitled, SCHOLARSHIP PRIZE BOOK. The cash must be sent with every subscription, and the number of subscribers will be recorded in the scholarship prize book.

This contest closes January 1st, 1899, when three disinterested persons will take the scholarship prize book from the editor and announce the result. The one sending the largest list of annual subscribers will receive a full scholarship and can enter the college February 1, 1899, or any time after that he or she may desire. The one having the next largest list of subscribers, will receive a receipt for two hundred and fifty dollars to be applied on a scholarship to the American School of Osteopathy. The two next having sent the largest lists of subscribers, will each receive a receipt for one hundred and twenty-five dollars to be applied on scholarships at any time they may desire to enter. The contestants are unlimited as to territory, and may solicit anywhere. All contestants are required to report to the editor once a month, but are requested to report oftener. You may enter this contest at any time, but the sooner you are in the field the better your chances for success.

JOURNAL OF OSTEOPATHY,  
Kirksville, Mo.



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 White, W. Newton. .... Kirkville, Missouri  
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 Wiles, Albert. .... Kirkville, "  
 Williams, Alice. .... Kirkville, "  
 Willard, W. D. .... Kirkville, "  
 Williams, W. E. .... Unionville, Missouri  
 Willard, Asa M. .... Kirkville, "  
 Wingard, A. .... Portsmouth, Ohio  
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 Watson, T. J. .... New London, Missouri  
 Wilson, E. R. .... Green City, Missouri  
 Watson, W. F. .... New London, Missouri

To complete course.

Wilderson, W. H. .... Nevada, Missouri

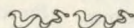
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# What is Osteopathy?



## OR PLAIN ANSWERS TO EVER RECURRING QUESTIONS.

DAILY, almost, letters are received from anxious inquirers, who having heard of Osteopathy as a remedial science for the first time, desire to know what it is, and by what method it deals with disease and suffering. To many, if not most of these a purely scientific or technical definition would fail to convey the desired information. Below is given in as plain, every day language as possible, an answer to these queries:

Osteopathy is a new science of healing without drugs, founded by Dr. Andrew T. Still, of Kirksville, Mo. This school denies the alleged curative properties of drugs and repudiates the whole system of drug treatment as unnatural and destructive to health. The medical system of diagnosis is also abandoned. In place of "symptoms" and poisons, the new science substitutes a careful, thorough physical examination, and treatment by manipulation. Under the new system, the body is examined and treated as an intelligent machinist would examine and treat a complicated machine with which he was perfectly familiar. By actual cures wrought upon thousands of cases that have been pronounced hopeless by other schools the Osteopaths have proven that if there is an unobstructed nerve and blood supply to and from all parts of the well fed man, the effects called disease will as surely disappear as the aseptic wound will heal after the surgeon has rendered the parts microscopically clean and placed them in proper position.

Through a highly developed sense of touch and a knowledge of anatomy, the Osteopath is enabled to discover the slightest anatomical disorder, and every move made by him in treatment is toward the definite purpose of correcting such disorders.

These Osteopathic disorders are not necessarily surgical dislocations, by which term is meant "a bone completely out of joint," but are out of line—out of proper adjustment. They comprise slight displacements of various structures, chiefly bones and ligaments, with muscular contractures, little adhesions, contractions from cold, irritation or other outside influences, causing unnatural pressure upon vessels or nerves. The Osteopaths look upon the human body as a perfect machine, and order as the first law of health. If in order, the human machine will do its work properly and run its allotted time. A part of its work is to digest and assimilate the foods prescribed by the normal appetite, to manufacture therefrom all the chemical compounds needed by the body for its own growth and repair, and to excrete that which is not so required. This work can only be carried on by the forces within the body. This is Osteopathic theory based upon practical experience.

In short, Osteopathy is a common sense system of discovering and correcting all mechanical disorders in the human machine and an intelligent direction of the recuperative forces within the body to the cure of disease. This principle holds good in acute as well chronic troubles. The Osteopath not only effects without drugs all the beneficial results the medical profession claim to get with drugs, but the Osteopathic school has made itself famous wherever its practitioners have gone, by bringing about the cure of cases that had been given up as incurable by all other schools of practice.

Osteopathy has treated successfully nearly every known disease, chronic and acute. Some diseases pronounced incurable by the M. Ds. have been made to yield. Among these may be named Bright's Disease, Locomotor Ataxia, and some forms of Insanity. It has been particularly efficacious in cases of paralysis; tumors and so-called cancers, have been quickly removed without the aid of drugs or the knife.

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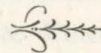
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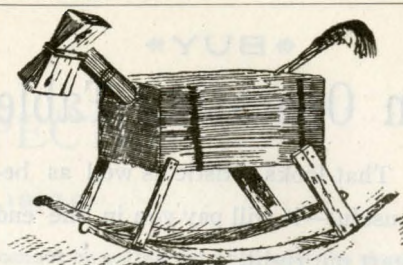
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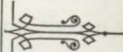
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INASMUCH as the catalogue for next year cannot be gotten out until near the close of the current year, the following announcement of action had by the trustees and faculty is made so that the friends of the school may know the plans for future work in the institution. As will be noted, the policy which has obtained in the past will be continued, and everything will be done that is possible and that experience may suggest to elevate the standard, and advance the interests of Osteopathy as a profession. The record of the past shows that it has ever been the policy of the trustees of this institution to make each succeeding year its best, and that we have ever endeavored to make the standard each year a little higher, the scope broader, and the practical work more complete. We leave to others to judge whether we have done this or not. We point to our closing year's work with pride, and while changes from time to time may be necessary, yet we guarantee that if money and good judgment can secure it, our next year's work will be another step higher, another stride in advance of all the years gone before. We expect and intend that the American School of Osteopathy shall not only maintain its reputation of being the original school, but shall ever have floating over its historic halls the banners which shall set the standard for all schools of Osteopathy, and that its work shall ever be of such a high character that all Osteopaths shall be proud of their name and of the origin of their profession.

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C. L. RIDER,  
*Prosecutor to the Chair of Anatomy.*  
E. C. CORBIN,  
*Librarian.*

## Requirements for Matriculation.

1.—Creditable evidence of good moral character. 2.—Satisfactory evidence of a good English education as follows: (a) In Grammar, including an essay of not less than two hundred words; judgment on which will include thought, construction, spelling and handwriting; (b) A good knowledge of Arithmetic, including per centage, ratio and proportion and the metric system; (c) In history and Geography, especially of the United States; (d) In physics, some knowledge of fundamental principles. Candidates who fail in one or two of the above named branches may be admitted to the regular course of study, but such condition must be removed before the beginning of the second term. 3. In place of this examination or